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MJ DOCTOR GUILTY
CONVICTED IN TRIAL FOR DECEASED POP STAR {page 17}

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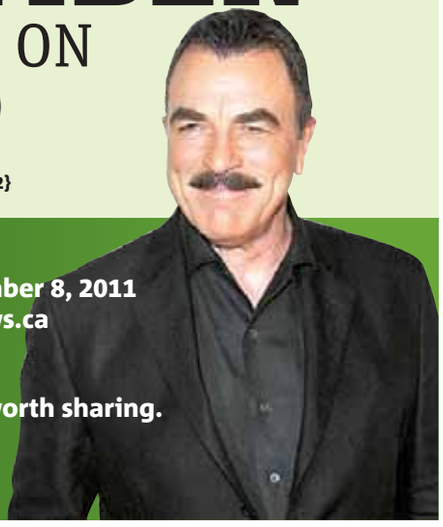
MOVEMBER
MO BROS ARE ON A MISSION TO EDUCATE {pages 20-22}



OTTAWA metro®

Tuesday, November 8, 2011
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News worth sharing.

The Village that dares to speak its name

- Results of survey show 115 for and 66 against Village signs on Bank Street: Coun. Holmes
- Co-owner of Wilde's Adult Shop wants to see other gay-friendly monuments on Bank Street

JOE LOFARO
@METRONEWS.CA

The stretch of Bank Street between Nepean and James streets has for years been considered the city's LGBT village, but now there are street signs to make it official.

The city installed six "The Village" street signs along Bank Street on Friday morning.

Coun. Diane Holmes had sent 1,400 surveys asking area residents whether they wanted the signs.

Only 181 were filled out and returned, but Holmes said that's because most people weren't concerned about such a minor issue.

"When I went door-knocking in the businesses along this stretch from Nepean to James, it was pretty similar to what the residential community is saying," said Holmes. "Most of the businesses were not very concerned.

"It's six small signs, that's all it is."

In August, Holmes said she had supported the designation for many years, but was waiting for the Bank Street BIA to change its stance and support it.

The BIA's executive director, Gerry Lepage, could not be reached for comment.

Glenn Crawford, chair of The Village Committee, which pushed for the designation, didn't downplay the significance of the decision after seeing a sign at the intersection of Bank and James streets.

"I think it's a historic moment for Ottawa and our community," he said.

"It's six years of work that I and the committee and our community has been lobbying for. It's pretty exciting to see the culmination of that work up on the streets."

JOE LOFARO/METRO

"It's nice to have it over with. It should be good news for businesses."
SOMERSET WARD COUN. DIANE HOLMES

For more local news, visit metronews.ca/ottawa

JOE LOFARO/METRO

▶ The Village Committee chair Glenn Crawford stands under one of the Village street signs on James Street. The sign was installed on Friday morning.

1 news

A special election in Oregon is the first in the U.S. to include iPad-enabled voting. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

As Greece shows signs that its darkest debt days may soon pass, the focal point of investors' fears shifts to Italy. Allan Small has more at metronews.ca/investing

Smile, you're on OC Transpo

- City looks at easing ban on filming on transit
- 'No disciplinary action' will be taken against the bus rider who took cellphone video of ranting driver: Deans

JESSICA SMITH
@METRONEWS.CA

The city is reconsidering a bylaw forbidding video recording on buses after a rider recently filmed a threatening, foul-mouthed rant from a driver on the 96 to Kanata.

Transit commission chair Diane Deans said she is recommending the city change the bylaw, which prohibits riders from taking photos and video on platforms and buses, with an exception for images taken for "personal use."

"This bylaw was enacted in 2007. It was intended to protect the security of transit services, it was a post-911 security measure," said Deans. "I do believe that it's dated."

Deans said the part of the bylaw that allows photos taken for "personal use" is too nebulous — especially now that photo-sharing websites and cellphone cameras are so common.

"We have to reconsider how it's worded and how wide a net it casts," she said.

George Rigakos, chair of Carleton University's law department, said a court would likely consider a bus "a public access space."

"I think they'd be hard-pressed to defend it against a constitutional challenge," he said.

The Amalgamated Transit Union has cited the bylaw as a reason drivers shouldn't be filmed and complained recording drivers on city buses violates their privacy — but Mayor Jim Watson said yesterday he doesn't buy that argument.

"The fact is that as a result of the video we have some evidence that there was a very unfortunate, hurtful situation that took place on the bus. In that respect, the video was helpful," he said.

On YouTube

More OC Transpo videos:

- **Man yells at woman on bus:** bit.ly/vWp9n1
- **Squirrel on a bus:** bit.ly/ufDBV6
- **Singing bus driver:** bit.ly/vfOaXC
- **Parallel parking a bus:** bit.ly/tFHkxn
- **Don't stop believing, sung on a bus:** bit.ly/rZcKBI

Transpo tweets

Reaction to driver's behaviour:

- **@jhodgert:** #OCTranspo driver should be disciplined, but somehow, I assume a more bureaucratic, expensive, and ineffectual solution is coming.
- **@drivesincircles:** I have been screamed at many times; like bus operator, part of doing my job is not screaming back.

YOUTUBE.COM

▶ In this frame grab from a YouTube video, Algonquin student Matthew Taronno rushes off an OC Transpo bus after being shouted at.

No probe into bus incident: Police

Ottawa police say no investigation will be launched following the posting of a YouTube video that shows an OC Transpo driver threatening to harm a passenger, unless someone asks them to launch one.

"A complaint has to be lodged with the Ottawa Police Service before we'll even commence an investigation," said Const. Henri Lanctôt. "Whether a complaint has been lodged yet, I don't know."

CBC News identified the young man as Algonquin College student Matthew Taronno. The 20-year-old script-writing student said he is "mildly autistic" and was reading aloud a script he had written, which upset the driver.

Taronno told CBC News he regrets what he did, but said there should be consequences for the driver.

The 54-second YouTube video uploaded on Nov. 3 records a profanity-laced tirade unleashed at a young man on the 96 bus to Kanata.

"Shut up. Shut your ignorant (expletive) cake hole.... If you don't shut your (expletive) face I'm going to stick my fist in it," the driver says in the video.

Lanctôt said what was said in the video is a threat of physical harm.

"If there's sufficient evidence, certainly a charge will be laid and that means the matter could go to court," said Lanctôt. ● JOE LOFARO

philosophy

philosophy: the best cosmetic is great looking skin

the Bay
thebay.com

Passing the buck over Occupy protest

Officials shirk responsibility if time comes to shut down activities

JESSICA SMITH
@METRONEWS.CA

As mayors in other Canadian cities try to relocate or shut down Occupy protests, Ottawa's mayor said he does not have the authority to make that kind of decision, because the park belongs to the National Capital Commission.

"Any decision on people occupying Confederation Park would have to come from the NCC," Mayor Jim Watson said yesterday.

Asked whether it's the NCC's responsibility to decide whether the protesters are allowed to stay or not, a spokesperson for the NCC said police have "the lead" on that issue.

"This is not an event operating with a permit, this is a protest. In a protest situation the police have the lead," said NCC spokesperson Jean Wolff.

Ottawa police said that they have the responsibility to ensure the safety of the protest — officers monitor it regularly — but that it's not their decision to evict protesters unless there is an emergency.

JESSICA SMITH/METRO

▶ Confederation Park, where the Occupy protest is being held.

Tough stance in B.C. cities

Victoria police are expected to issue court injunctions ordering the protesters to leave and Vancouver city officials are beginning the process to do the same. Quebec City officials ordered protesters out by yesterday.

THE CANADIAN PRESS

New show puts lawmakers in the hot seat

JOE LOFARO
@METRONEWS.CA

There's virtually no limit to the types of questions Canadians get to ask MPs on ichannel Television's new political Q&A show, FAQMP.

The Ottawa production has hosted MPs Dean del Mastro and Ralph Goodale already since the show debuted on Oct. 24, and next Monday's guest will be Green party Leader Elizabeth May. The show's host, Karyn Pugliese, said MPs have to answer whatever question they are dealt over the Internet on the spot, as was the case with May.

"There are questions on her for everything, like what it's like to be a party of one in Parliament," said Pugliese. "Somebody wanted to know if she would legalize pot and her answer to that was right off-the-cuff, 'Yep.'"

CONTRIBUTED

▶ FAQMP host Karyn Pugliese, left, talks to Green party Leader Elizabeth May for next week's broadcast of the new political show on ichannel.

Pugliese said interest in the show grew around the realization that many people are already engaging with politicians on Twitter by attempting to participate in political debates.

Viewers can visit faqmp.ichannel.ca to vote for the next guest MP and whoever gets the most votes wins a spot on the show each Monday night. They can also submit questions in advance for whoever is chosen, and during the broadcast viewers can participate in a live chat online. When the cameras roll, it's Pugliese's job to make sure the MPs don't beat around the bush.

"(Viewers) want longer answers. They want to not hear sound bytes, but more fuller explanations," said Pugliese. "Sometimes I'll just say, 'OK, let's get to the meat of it — it's yes or it's no,'" she said.

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Probe into pedestrian deaths in Ontario

Chief coroner's office reviewing all fatalities in 2010 Results expected to be published in spring 2012

JOE LOFARO
@METRONEWS.CA

Ontario's chief coroner's office will review all pedestrian fatalities in the province in 2010.

The announcement comes just two weeks after the coroner announced a similar review will be launched to look into the province's cycling deaths. That review will investigate fatalities between 2006 and 2010, while the pedestrian death review will only examine deaths from Jan. 1, 2010 to Dec. 31, 2010.

Dr. Bert Lauwers, deputy chief coroner, investigations, will lead the review, which aims to identify factors that played a role in the deaths and make recommendations to prevent future pedestrian fatalities.

He said the review doesn't signal a new problem in road safety, as the number of pedestrian fatalities in Ontario tends to be relatively consistent, at an average of about 113 per year.

"When you think about it, pedestrian fatalities are likely almost entirely preventable," said Lauwers. "The real problem is that they continue to happen."

An expert panel of stakeholders will assist in the review, but the public is encouraged to make recommendations too.

"Some of the stories you get from the public are compelling because they're sometimes stories of near-misses, tragedies that have occurred in their own lives," Lauwers said.

Those stories can draw attention to the problem areas that experts aren't aware of, he added.

To comment

The public can offer their comments to the review panel by Dec. 15 by submitting them to:

Dr. Bert Lauwers, deputy chief coroner, investigations
Office of the Chief Coroner
26 Grenville St.
Toronto, Ont., M7A 2G7
occo.inquiries@ontario.ca

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Canada-wide arrest warrant out for man

CONTRIBUTED

Mohamed Jama Yusuf

A 23-year old man is wanted on a Canada-wide warrant for failing to appear in Superior Court in Ottawa on Oct. 11 on a charge of second degree murder.

Mohamed Jama Yusuf, 23, was charged in 2009 following the August 2008 death of 51-year-old Sean Gregory Murphy.

He was released following a bail review hearing with numerous conditions, including that he live at his mother's residence in Edmonton.

Police say the public should not approach Yusuf if they see him, but should instead call 911.

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Social networks are knocking down barriers between work and private life For employers and employees, navigating the new territory means finding a balance between tweet surrender and a closed Facebook

SEAN MCKIBBON
@METRONEWS.CA

RYAN TAPLIN/METRO

Social media invades the workplace

Checking your Facebook or Twitter feed from the office?

Maybe you're not allowed to, but experts say it's increasingly difficult for employers to enforce policies that disconnect workers from social networks.

"There's a lot of fear. Some companies are staying away from it, some companies are embracing it and there's a whole lot of rogue stuff going on," said Robert Collins, a consultant and former chief information officer for Cognos, a firm purchased by IBM that produces software that tracks employee performance.

Collins said while some managers worry about productivity loss, there's no evidence to show social media or Internet use has any impact on productivity overall.

"Before this technology people found other ways to waste time, chatting to coworkers or on the phone," he said. "There will always be problems with individuals. Those problems have to be addressed individually."

With mobile devices, it's no longer possible or even desirable to simply close off access, said Collins. For some workers, particularly those in communications, there's even a potential productivity gain, he said.

Employers need to face up to reality — social media is here to stay, he said.

"If your organization is not there on Facebook, not there putting out tweets, putting out a blog, somebody is going to fill the vacuum and they're not going to be doing it in the interest of your company," he said. Having a strong social media presence can counteract rogue or critical tweets, he said.

Employers also need to tell employees what is and isn't acceptable on social media. Some employers see personal social media use by employees as reflecting on them and some even ask employees to use their personal accounts for business purposes.

"There isn't any law on any of this. It's all in the realm of corporate policies," said University of Ottawa law professor Michael Geist.

Collins and other experts say firms reap huge payoffs in extra time worked due to employees using mobile devices and laptops at home.

Linda Duxbury, professor and expert on organizational health at Carleton University, said that, in her research, the intrusion into home life isn't balanced by employees using social media or running errands online at work.

"It's all one way. The expectation is that you do work at home," said Duxbury, adding people always had this pressure, but technology makes it easier.

Collins and Duxbury both said employees need to set rules about when they will and won't be connected.

"It's better to have that conversation with your boss when it isn't a problem," said Collins.

"I might tend to a private email or a private post while I'm at work, or I may be doing a work post while I'm at home. This very rigid distinction we used to have between work and play is no longer there."
MARK PERRY, ASSOCIATE COMPUTER SCIENCE PROFESSOR AT THE UNIVERSITY OF WESTERN ONTARIO IN LONDON, ONT.

A look at some of (very recent) history's most popular social media tools

ICQ
The first Internet-wide instant messaging service still surprisingly has over 100-million (active?) accounts registered, says Time Warner.

MSN
Now named Windows Live Messenger, Microsoft reported in 2009 its baby still attracted more than 330-million active users each month.

FRIENDSTER
Friend-what? One of the original social media sites redesigned in 2011 as a gaming site. It now boasts over 115-million anti-social users.

MYSPACE
No. 1 social site from 2005-2008, MySpace now subsists solely on the coolness of owner Justin Timberlake, who bought a stake in it last June.

FACEBOOK
As of July 2011, Facebook had more than 800-million active users, including half of Canada's population, and, most recently, grandma.

TWITTER
In five years, Twitter has nabbed 200-million users. A fraction of them account for 200-million tweets per day.

SOURCE: WIKIPEDIA (WHO ELSE?)

Would you show it to your gran?

Wow. That was some party.

Great pics, too. So what did grandma think of them?

Before you post anything too personal to Facebook or Twitter, heed an expert's advice.

"It's best not to post anything that your grandmother wouldn't like," said Mark Perry, associate computer science professor at the University of Western Ontario in London, Ont. "Because it will come back to bite you at some point."

Perry said you should not only be wary of what you post, but how you post it.

"They should pay close attention to their privacy settings," Perry said when asked what employees should guard against to avoid getting in trouble at work.

And heads up: Watch those emails. If you're sending one titled "jerk boss," you might try "jerk beef" instead.

"There is software nowadays that can monitor email, so that it can search key words," Perry said. "It will select that out of the ingoing and outgoing email to employees." **JIM REYNO**

Quickest way to be de-friended? Post an ad, says expert

Want to be de-friended on Facebook?

Want to go from followed to unfollowed on Twitter?

No? Then stop regularly self-promoting your job or business from your social media account.

"It's about relationships first and sales second," warns Halifax-based social media expert Kathy Colaiacovo.

She should know. It's her business to do so.

Colaiacovo runs Time On Task Virtual Assistant, where she sets up and manages social media marketing for small businesses and entrepreneurs across Canada and the United States.

"I wouldn't have had this business five years ago," said Colaiacovo, whose client list has grown to several dozen.

"Almost every one of my clients has found me online," she said. "So without Facebook, Twitter and LinkedIn … I certainly wouldn't be in a position I would be in right now."

Colaiacovo has a few tips for those attempting to harness the power of social media for work, which more companies are doing and they now expect their employees to do the same.

"You don't want to have them inundated with (updates)," Colaiacovo advised for those who using personal social media sites for work. "In particular on Facebook, you can use lists so that you can ensure that certain groups don't see certain updates."

And don't make it all about you, she warns.

If you do find you're losing friends, Colaiacovo said it could be you're doing too much business networking.

"It comes back to what kind of content they're using and how much they're putting out," she said. HEATHER GILLIS

Dos and don'ts

Some of Kathy Colaiacovo's dos and don'ts for using social media at work.

- **Do fill out your bio information.** That's where people will make snap decisions on whether to follow you.
- **Do pick a user name** reflecting your purpose, company, brand or who you are.
- **Do post using the 50/30/20 rule.** 50 per cent business-related information, 30 per cent personal (things you would say at a networking event) 20 per cent sales.
- **Don't follow more people than follow you.** You'll look like a spammer.
- **Don't join too many groups of pages.** You won't be able to network effectively.
- **Don't post the same kind of update multiple times.** Post useful information others will see has value.

Putting your best Facebook forward

Should work be all about face time with the boss, or is the occasional Facebook chat with a friend OK? We polled 413 Metropolitan Panellists from across Canada on their views on social media in the workplace.

RYAN TAPLIN/METRO

Do you use social media for personal reasons at work?

- **14%** Yes, I provide regular updates throughout the day
- **41%** Sometimes, but only on my breaks
- **45%** No, work time is for working

When should online posts be grounds for dismissal?*

- **48%** When they're work-related and negative
- **37%** When associating with you is embarrassing for the company
- **69%** When they break a pre-existing company policy
- **16%** Never, my online life is my business

Tweet talk. Back in April, Glee extra Nicole Crowther was fired for tweeting a rumoured spoiler, prompting show producer Blad Falchuk to tweet: "hope you're qualified to do something besides work in entertainment."

Are you Facebook friends with your boss?

17% Yes **83%** No

- **@EastCoastKnits:** No way. Facebook is for private life. Work is work.
- **@88Styles:** If I am Facebook friends with my boss I make sure to keep them on a limited profile. My personal life isn't their business.
- **@katbow:** It's okay to friend the boss on FB. That way, there's no surprises when you get sloppy at the company Christmas party.
- **@Altillopinionated!:** I was and the removal resulted in backlash that I will be forever haunted by.

Have you been reprimanded for using a social network at work?

- **1%** Yes, big time
- **46%** No, it's not an issue where I work
- **8%** Somewhat, but nothing harsh
- **45%** I don't use social media at work

- **@DefiantHeather:** I have multi-screen-itis and have been called on it. I prefer to be judged on production, not perception! #multislacker

The pictures on your profile are:

- **95%** Tame and wouldn't embarrass my employer
- **5%** Uncensored party shots I wouldn't want my boss to see

ISTOCK

Think those party shots can't get you into trouble? The Internet is rife with stories of people getting canned after boozy photos showed up online.

- **No cheers here.** In 2008, a New England Patriots cheerleader was given the boot after Halloween party photos surfaced on Facebook showing her holding a Sharpie next to a passed-out man covered in offensive graffiti.
- **How tame is tame enough?** Just last month a court ruled against reinstating a Georgia teacher who lost her job after a complaint about photos on her Facebook page was sent to her school. The vacation photos included shots of her drinking at pubs and cafés around Europe.

28%

Number of respondents who said they had to be "sneaky" when using social media at work.

Reader tips

We asked: If you must, what are your tips for sneaking onto social media at work?

- **@ChrisDca:** Certain web browser plug-ins can make it possible to update your Facebook status and tweet from the address bar. Sneaky.
- **@Brittanymaria:** Check Facebook on your phone when you use the bathroom.
- **@Gramiq:** take responsibility for running your company's social media accounts. Suddenly you're paid for it!
- **@tamara1479:** my tip for social media is not to sneak at all. Tell the boss studies show it increases productivity!

*PANELLISTS COULD CHOOSE MORE THAN ONE ANSWER

Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at metropolitanpanel.ca, choose your country and join the global conversation!

OUTSIDE THE LAW

Attack on attorney unacceptable: Lawyers

Defence lawyers have denounced an attack on a Montreal attorney last week.

Gilles Dore, 58, who has represented biker-gang members among his many clients, was badly beaten in the borough of Outremont on Friday.

Richard Prihoda, president of the Defence Attorneys Association of Montreal, said that if the attack is found to stem from Dore's work, then it is more than just an assault. "It's not just an attack on one lawyer, it's an attack on the whole judicial system," he said.

Dore is currently involved in a Hells Angels megatrial being held in Montreal.

THE CANADIAN PRESS

Another foot surfaces in B.C.

A foot discovered Friday on the shore of Sasamat Lake in Port Moody, B.C., is different from eight other feet found in the province over the past four years, the B.C. Coroners Service says.

Unlike previous cases in which feet were found in running shoes in saltwater, this foot was found in a hiking boot in fresh water, said Stephen Fonseca, manager of identification and disaster response.

Rust on the metal eyelets of the men's Cougar hiking boot suggests it was in the water for a long time. However, there is no evidence that the foot was mechanically removed.

KENDRA WONG IN VANCOUVER

DND mulls rescue ops: Documents

Plucking Canadians out of the world's hot spots is a growing area of study for military planners. Defence department documents show that in the aftermath of the Libyan crisis, the military is examining not only its war-fighting skills but also its ability to organize evacuations and rescues.

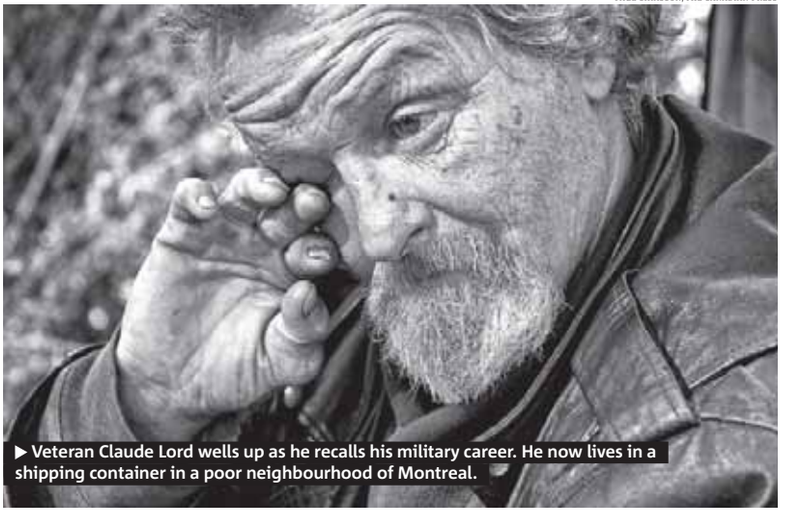
The evacuation of Canadians from Libya last spring, and the massive rescue effort from Lebanon in 2006, has brought a new focus to such operations.

THE CANADIAN PRESS

Veterans wage battle to get off the streets

Civilian life can pose a host of problems for vets as they fight addiction, despair Number of homeless vets projected to rise

PAUL CHIASSON/THE CANADIAN PRESS



▶ Veteran Claude Lord wells up as he recalls his military career. He now lives in a shipping container in a poor neighbourhood of Montreal.

As Canadians look forward to Remembrance Day to honour those who fought for their country, a small but growing army of homeless veterans are trying to get their lives back on track.

Many of them once wore the smart, crisply pressed uniforms of Canada's Forces.

Now they're struggling with alcoholism or drug addiction. They often lack basic life skills and don't know where to turn for help. And their numbers are expected to grow as troops return from Afghanistan.

"I think we're hitting the tip of the iceberg," said Dave Gordon, executive director of the Royal Canadian Legion's Ontario Command. "There's a need for a national program."

Research shows that a typical homeless veteran in Canada is 55 years old and left the Armed Forces 27 years ago after six or seven years of service. Most are single or divorced and better educated than other people living on the street.

The drinking often starts during the soldiers' tours of duty, says researcher Susan Ray of the University of Western Ontario, who interviewed 54 homeless vets for her study.

But homeless veterans are taking steps to get off the street. Across the country, small organizations of former soldiers are seeking out their homeless peers and matching them with shelter, social services and government programs.

"We call ourselves 'ground support,'" said Jim Lowther, founder of the Veterans Emergency Transition Services network in Halifax, which is being copied in other provinces. "We stick with them until they get back on their feet. It's been really successful."

Ray and the veterans want Ottawa to extend transition services for vets into years, instead of the current six months. The services would be aimed at teaching life skills, improving mental health and providing more outreach workers to veterans.

Veterans Affairs, for its part, says it is already doing this in Canada's biggest cities. And it works on a less formal basis with community groups across the country. THE CANADIAN PRESS

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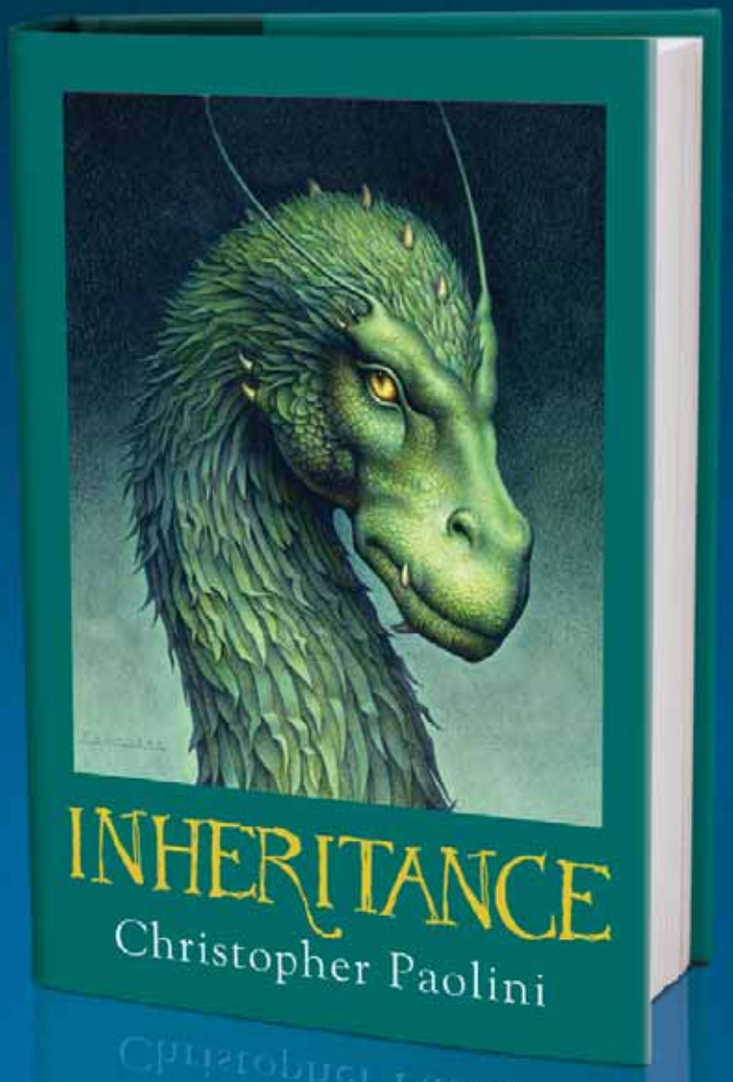

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Jailed terrorist returns to court

Lawyers for 'Carlos the Jackal' claim he was denied materials needed to prepare for trial, including DVDs

A defiant and smiling Carlos the Jackal, one of the most dreaded terror masterminds of the Cold War, went on trial again yesterday — this time over four deadly attacks in France nearly three decades ago.

The 62-year-old Venezuelan, whose real name is Ilich Ramirez Sanchez, went before a special Paris court on terrorism-linked charges. He is already serving a life sentence handed down for a triple murder in 1975.

Ramirez, who sowed fear across Western European and Middle Eastern capitals during the Cold War, is charged with instigating four attacks in 1982 and 1983 that killed 11 people and injured more than 140 others in France.

He has denied any role in the attacks. The trial is expected to last six weeks.

If convicted, Ramirez could face a second life sentence — the top penalty in France, which does not have the death penalty.

MICHEL LIPCHITZ/THE ASSOCIATED PRESS FILE

▶ Venezuelan terrorist Carlos the Jackal, whose real name is Ilich Ramirez Sanchez.

Wearing a blue jacket, greying beard and wavy hair brushed back, Ramirez smiled as he entered and then identified himself to the court as "a professional revolutionary" — striking a combative pose from the outset.

With three gendarmes at his side and dark sunglasses in his hands, Ramirez variously raised a fist in defiance, weaved in anti-Zionist rhetoric into his diatribes and smiled to the gallery that included controversial French comic Dieudonne.

"He's in a fighting mood as always," Isabelle Coutant-Peyre, Ramirez's lawyer and amorous partner, told reporters outside the courtroom before the trial began.

She said there was "no reason" for the trial nearly 30 years after the events, and accused prosecutors of putting him on trial for "propaganda or some other interests rather than the ones of justice."

But Francis Szpiner, the lawyer for some civil parties to the case, countered that the trial was important to show that terrorists will always be pursued and to mark "the end of the culture of impunity" for them. THE ASSOCIATED PRESS

River. Ride

▶ A couple is seen rowing a kayak on a flooded street past the rail of an elevated train system yesterday in Bangkok.

APICHART WEERAWONG/THE ASSOCIATED PRESS

Floods surround city's rail system

Advancing pools of filthy water threatened the subway system in Thailand's capital yesterday and surrounded the emergency headquarters set up by officials to try and deal with flooding.

Brits review security at borders

British lawmakers demanded to know yesterday whether a policy of relaxing border checks on thousands of passengers at airports and ports could have put national security in jeopardy.

The country's main opposition Labour Party said allegations that border staff had been ordered to routinely suspend some passport checks to ease lines during the summer vacation season were troubling.

THE ASSOCIATED PRESS

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Your actual fuel consumption may vary. ΔΔ2012 Chevrolet Orlando: highway fuel consumption rating of 6.9 L/100km based on GM testing in accordance with approved Transport Canada test methods. Competitive comparison based on 2011 Natural Resources Canada's Fuel Consumption Guide. Your actual fuel consumption may vary. ‡Subject to Vehicle Redemption Allowances. For complete GM Card Program Rules, including current Redemption Allowances, transferability of Earnings, and other applicable restrictions for all eligible GM vehicles, see your GM Dealer, call the GM Card Redemption Centre at 1-888-446-6232 or visit TheGMCard.ca. Subject to applicable tax. GMCL may modify or terminate the Program in whole or in part with or without notice to you. †2012 Chevrolet Equinox LTZ, MSRP with freight, PDI & levies $35,729. 2012 Chevrolet Cruze LT Turbo, MSRP with freight, PDI & levies $26,230. 2012 Chevrolet Orlando 2 LT with WGT, MSRP with freight, PDI & levies $25,774. 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MAKING THE MOST OF HIS MOUSTACHE

SHE SAYS ...

JESSICA NAPIER
METRO

Remember when November was just that boring month sandwiched between pumpkin-spice-latte season and the holidays? With no long-weekends in the mix, the 30 unspecial days following Halloween would just drag by without any consequence.

Now, this once-dreary month has been taken over by an army of moustached do-gooders. November has been rebranded as Movember — or, as I like to call it, Ironic Facial Hair Appreciation Month.

While fundraising efforts to battle prostate cancer are commendable, fellas with newly acquired 'staches need to realize that these charitable whiskers can be a little uncomfortable for your partner.

"Worst-case scenario, you might even find some stray pieces of food in that soup strainer. Just take a deep breath and remember all the times he called you sexy despite your unruly leg hair."

If you find yourself getting close to a Mo Bro during this hair-raising month, here are a few things to keep in mind.

In the early stages of moustache growth, your man will probably be working with some pretty weak pre-pubescent hairs. Depending on his growing capabilities, this unsightly stubble may stick around for the entire month. Try to look past the tragic teen 'stache and remember the noble cause behind his creepiness. Is wispy upper-lip hair a turn on? Absolutely not. But there's something pretty sexy about a man who's willing to donate his face to a worthy cause.

If you're used to being with a clean-shaven guy, it's going to take a while to get on board with kissing a moustachioed man. It'll feel a bit like making out with a broom at first. Worst-case scenario, you might even find some stray pieces of food in that soup strainer. Just take a deep breath and remember all the times he called you sexy despite your unruly leg hair.

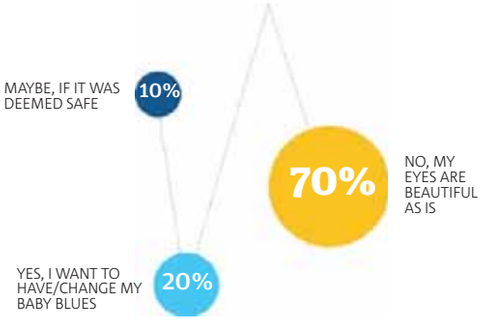
Depending on his level of creativity, your man may decide to groom his altruistic facial hair into a themed mo. Popular styles include the Captain Hook, the pencil, the horseshoe, the Charlie Chaplin, the toothbrush and, of course, the always creepy handlebar. Some thematic moustaches will make you laugh, but most will make you cringe with horror. Resist the urge to look away. Instead, be supportive and walk proudly down the street with your Hulk Hogan look-alike.

Once his 'stache is fully formed, your man is going to be deluded into thinking that he is the new Magnum P.I. In reality, he'll probably look more like a C-list porn star. To be fair, there are very few men who can pull off a mustache. If you think he might start considering a year-round moustache, quickly insist that Tom Selleck's ladies'-man status is most definitely the exception, not the rule.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Would you ever consider laser surgery to change your eye colour?



Local tweets

#Trystan babydrama

- **@ForeverrJordan:** Trystan Anthony Markhouse Yeater. Wtf. This is Justins "sons" name.
- **@slaveforjdbiebs:** Trystan Bieber/Yeater does not look like Justin at all. ITS NOT HIS IDIOTS!!!!!
- **@GossipCop:** Justin Bieber's Baby Accuser, Mariah Yeater, Speaks Out in First TV Interview (VIDEO) ➙ gossipcop.com/qitcg
- **@Bieber_Project:** What does Mariah Yeater hope to achieve from all this?
- **@Bieber_Candies:** Ahaha-haahahahaha Mariah Yeater is a dumbass, my lord....Hope she has fun looking like even more of a dumbass in court.
- **@JBOregonArmy:** Dear mariah yeater. As much as i want to laugh in your face. I to got pregnant by justin bieber. At staples center. ...Oh wait.. Ummm. #lies
- **@ICONBieberCyrus:** Arguing with my friends at school today about Justin, Baby, Mariah Yeater. And I was the only one who's defending him. Just wanna punch them!

Worth Mentioning

It turns out that catching cancer early is not always as important as has been thought.

Some tumours are too slow-growing to ever threaten your life. Some are so aggressive that finding them early does not make much difference. And today's treatments are much better for those somewhere in the middle.

Those complexities are changing the longtime mantra that cancer screening will save your life. In reality, it depends on the type of cancer, the test and who gets checked when.

"We can find cancer early. We can reduce the burden of the disease. But along the way, we're learning our tests are not as perfect as we'd like," says the American Cancer Society's Dr. Len Lichtenfeld."We're learning that we're now finding cancer that would in fact never cause harm."

Now cancer specialists are struggling to find a new balance: To quit over-promising the power of early detection and to help people understand the tests themselves have risks — while not scaring away those in need of scanning.

THE ASSOCIATED PRESS

photo of the day

PHOTO CHALLENGE

▶ This photo titled Monster City was submitted to the Alienation category by Carlos Silva from Portugal.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Doing a good deed saves one man's life

A Canadian man who helped another motorist change a tire in western Wisconsin had his good deed repaid when that motorist saved his life just minutes later.

Victor Giesbrecht, of Winnipeg, was driving near Menomonie on Saturday evening when he stopped to assist with a tire change. The Wisconsin State Patrol says the 61-year-old then drove away and suffered a heart attack a few kilometres later.

Giesbrecht's wife stopped the pick-up truck and waved her arms, and the motorist whom they had helped just a moment earlier stopped and performed cardiopulmonary resuscitation.

Patrol Sgt. Michael Newton told the Star Tribune that if Giesbrecht hadn't helped with the tire, his rescuer may have remained stranded too far away to help.

"If he had been a few more miles down the road ... it could have been a different outcome," Newton said. "It's an interesting turn of fate."

Giesbrecht was hospitalized in serious condition yesterday.

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Arbitrator's ruling a blow for airline union

New four-year deal expires March 2015 More than 65 per cent rejected deal but only 73 per cent voted

The union representing Air Canada's flight attendants slammed an arbitrator's decision yesterday that imposes a tentative agreement negotiated by its leadership but rejected by employees last month.

Canada Industrial Relations Board arbitrator and chairwoman Elizabeth MacPherson endorsed Air Canada's position that the provisions be imposed without alteration.

"I'm disappointed and frustrated," CUPE national president Paul Moist said.

Moist suggested that the government's constant interference in collective bargaining tipped the scales in favour of the company.

However MacPherson noted the union won improvements in the second tentative agreement, unanimously recommended by its bargaining committee.

Air Canada said it was pleased with the decision to implement terms of the deal reached in September.

MacPherson said her decision resembled what would have been achieved had the case not been referred to an arbitrator and instead had run its course through collective bargaining — including the right to a strike or lockout. A strike was averted when federal Labour Minister Lisa Raitt referred the dispute to the quasi-judicial board.

The Canadian Union of Public Employees had wanted the arbitrator to improve upon the second tentative agreement by adding four provisions, including further increasing wages.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 53.73 (12,461.98)	+ 0.39¢ (98.75¢ US)

Oil	Natural gas	Gold
+ $1.26 US ($95.52 US)	$3.696 US (- 8.7¢)	$1,791.10 US (+ $35.00)

Take. Off

▶ In this Sept. 27 file photo, the first Boeing Co. 787 plane delivered to a commercial customer takes off for Japan, in Everett, Wash. The plane will be operated by Japan's All Nippon Airways.

TED S. WARREN/THE ASSOCIATED PRESS FILE

New Boeing lands with a glitch

Boeing's new 787 plane, which just started carrying paying passengers, ran into its first technical glitch when the landing gear failed to deploy on Sunday. The pilots used "an alternate procedure that worked," according to a Boeing spokeswoman. The plane landed safely and there were no reported injuries.

9 **A U.S. judge said nine graphic, FDA-approved images for cigarette packages go beyond conveying facts and health risks.**

No pics for U.S. cig packs

A judge blocked a U.S. government requirement that would have forced tobacco companies to put images on packages. He ruled it is likely a lawsuit will succeed in blocking the requirement. THE ASSOCIATED PRESS

Europe wary as Greece works to divide power

Rival Greek political parties tried yesterday to hammer out a historic power-sharing deal to secure a $179-billion US rescue package, but markets remained wary and European leaders kept up pressure by holding back a vital bailout loan.

Socialist Prime Minister George Papandreou — who is expected to resign — and conservative leader Antonis Samaras held negotiations, hours after reaching the landmark agreement to form a coalition for the next 15 weeks. The new administration's main job will be passing the new bailout package — agreed to by international creditors on Oct. 27.

But as of last night no power-sharing deal had been announced, and it wasn't clear if talks with top Greek officials were still under way.

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2 scene

Chef cooks local, abroad

Canada's Massimo Capra jets around the world in a new series called Gourmet Escapes
Master chef spreads the word about eating natural, local and seasonal products

Canadian celebrity chef Massimo Capra cooks local from afar in his new series Gourmet Escapes.

Flying to locations including Holland, Iceland and Switzerland, the mustachioed, jovial Italian native gets his hands dirty as he meets with farmers and chefs to highlight how various cultures benefit from eating natural, local and seasonal products. He also makes mouth-watering meals out of area offerings (golden beet risotto, anyone?).

In the first episode, which debuted Nov. 2 on Travel+Escape, the Toronto-based Capra visits Northern Ireland, donning a beekeeping suit to extract honey from hives and stopping by a farm where free-range pigs are raised.

In Wednesday's instalment, he goes to Lunenburg, N.S., where he and a local chef go on a fishing expedition that yields mussels, lobster, scallops and a whopping 150-pound halibut.

"The more natural the better it is, and the old-fashioned ... ways are always the best," Capra said in a recent phone interview.

"That's exactly what I've always been about and that's why my food isn't complicated. I call it 'rustic elegance.'

"I want (clients) to taste the thing that they order. I don't want them to have this weird experience where peas are not real peas but they're actually, I don't know, pureed dust with powder on top and mixed with some chemical that turns them into little spheres that look like peas, taste like peas but are not peas at all."

Capra's culinary chops and amiable nature have made him a beloved TV personality. He has a regular spot on Citytv's daytime talk show Cityline and was on the Food Network series Restaurant Makeover.

He also has two restaurants in Toronto — Mistura and Sopra — and is a national column writer and author of two cookbooks.

Capra fell in love with cooking as a child helping out in his mother's kitchen in Cremona, Italy, where he plans to travel later this month to tape an episode for Gourmet Escapes.

He grew up on a farm there until age 14, eating only what was grown or raised by his family, and never wasting leftovers.

"Every Saturday my mother would go into the chicken coop and pick a victim and pet the chicken a little bit and yank the neck and that's it, you know what I mean? And it's done," said Capra.

"You cook it and you eat it and on Sunday, you have a beautiful meal and then you eat the leftovers for the next three days. And amongst that you try to eat as much vegetables and grains as possible.

"So it wasn't meat every single day or twice or three times a day. It wasn't bacon in the morning, burger at lunch and steak at dinner. It was never like that."

Capra has maintained that sensibility throughout his culinary career, cooking with local, in-season ingredients wherever possible.

"Can you get any better nutrients than local and in-season? I don't think that you can," he said, noting some of his clients sometimes don't understand why they can't order fresh fruit at his restaurants in the middle of winter.

"We want to have our strawberries and our raspberries all through the year, right? We're not supposed to. You don't get anything out of those strawberries and raspberries because they are not flavoured. On occasion, yeah, bring them in, by all means — we still need our lemons, we still need our accoutrements in the kitchen.

"But if you train yourself to eat local and in-season, it's the best thing you can do for yourself and for your own environment."

THE CANADIAN PRESS

HANDOUT

▶ Canadian celebrity chef Massimo Capra says that the more natural food is, the better.

"If you train yourself to eat local and in-season, it's the best thing you can do for yourself"
CHEF MASSIMO CAPRA

Scene in brief

Oscar-winning filmmaker Paul Haggis is joining the Canadian Film Centre to help up-and-coming moviemakers. The CFC announced yesterday that Haggis will serve as chair of the centre's film programs. It's expected he'll deliver one master class each year and will help the centre promote greater international awareness of its movie programs.
THE CANADIAN PRESS

Gaga dress and prop gun and Mick Jagger costume among U.S. rock auction items

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Cave of Forgotten Dreams
Genre: Documentary
Director: Werner Herzog
Stars: Werner Herzog, Dominique Baffier, Jean Clottes
◍◍◍½

In Cave of Forgotten Dreams, filmmaker Werner Herzog is moved almost to poetry as he contemplates drawings made 32,000 years ago in the Chauvet Cave in southern France. The acclaimed documentarian extols the 1994 finding of the cave drawings as "one of the greatest discoveries in the history of human culture."

A rockslide in the Ardèche River valley some 25,000 years ago sealed the cave, leaving a natural time capsule that, when finally opened, yielded a cache of charcoal drawings that seemed to have been sketched mere days before.

These ancient artists sketched images of the horses, bears, bison, lions and rhinos that used to roam France.

"Do they dream?" the awed Herzog asks via voiceover of his Paleolithic subjects. "Do they cry at night? What are their hopes?"

Entry to the cave is strictly limited, but Herzog's renown was sufficient to persuade France's Ministry of Culture to allow him unique access.

The team members make excellent use of their privileged entry. The overall effect, aided by Ernst Reijseger's score of rising choral harmonies and lush strings, is one of rapture and magic that will leave the viewer dreaming.

Extras include a Q&A with Herzog.

PETER HOWELL

Page Eight
Genre: Mystery
Director: David Hare

Stars: Bill Nighy, Rachel Weisz, Tom Hughes
◍◍½

Page Eight is an absorbing British thriller, exploring timely and believable themes that aren't the preserve of most such movies — which may explain why it's going straight to DVD following its TIFF gala debut in September.

Written and directed by David Hare, the pen behind The Hours and The Reader, it stars the inimitable Bill Nighy as veteran spy Johnny Worricker, who works for Britain's security service, MI5. Johnny's best friend, Benedict Baron (Michael Gambon), also his boss, is head of MI5's intelligence analysis division, the keeper of explosive secrets.

One such intrigue concerns a mysterious file containing information about U.K. involvement in torture prisons, which the government officially disavows all knowledge of. The file is so inflammatory that it threatens the very existence of the MI5, not to mention the job of the Prime Minister (Ralph Fiennes).

Meanwhile, Johnny has a seemingly chance encounter with his striking neighbour, Nancy Pierpan (Rachel Weisz), who is obsessed with finding out what happened to her brother, who, we are told, was killed by Israeli forces in the Occupied Territories.

Truth is the first casualty of Page Eight's tangled webs; Worricker's career (or worse) could be next.

Rounding out the sterling cast of characters are Judy Davis as Johnny's aggressive, scheming MI5 colleague, and Felicity Jones as his daughter, Julianne.

Extras include cast and crew interviews.

PETER HOWELL

MIXED UP IMMORTALS

Anagram

IMMORTALS is coming November 11, featuring lots of Greek gods, heroes and villains. Following is a list of the cast members, with the parts they play. There's a catch, though, as we've SCRAMBLED the letters that give their roles. It's up to you to unscramble them to spell the names of the 12 IMMORTALS characters. We've given you the first one to get you started... Luke Evans is SUEZ or ZEUS

- Henry Cavill is SEE THUS
  or ☐☐☐☐☐☐☐
- Freida Pinto is HARD APE
  or ☐☐☐☐☐☐☐
- Kellan Lutz is POISONED
  or ☐☐☐☐☐☐☐☐
- Mickey Rourke is PHONY IRE
  or ☐☐☐☐☐☐☐☐
- Isabel Lucas is AT A HEN
  or ☐☐☐☐☐☐
- Joseph Morgan is SLY ANDRE
  or ☐☐☐☐☐☐☐☐
- Stephen Dorff is VS ASTRO
  or ☐☐☐☐☐☐☐
- Robert Maillet is MAIN TOUR
  or ☐☐☐☐☐☐☐☐
- Steve Byers is LEACHERS
  or ☐☐☐☐☐☐☐☐
- Corey Sevier is LA LOOP
  or ☐☐☐☐☐☐
- Stephen McHattie is SNARES CAD
  or ☐☐☐☐☐☐☐☐☐

Solutions: (left – right) THESEUS, PHAEDRA, POSEIDON, HYPERION, ATHENA, LYSANDER, STAVROS, MINOTAUR, HERACLES, APOLLO and CASSANDER

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Calm after the Fallout

Patrick Stump goes for R&B sound during FOB hiatus Says he's still interested in the band

MATT SAYLES/THE ASSOCIATED PRESS

▶ Patrick Stump's original band, Fall Out Boy, has been on a break for two years.

Patrick Stump is still having a hard time getting people to understand what he's trying to accomplish with his solo effort, Soul Punk.

Though the album is upbeat and dance-filled — miles away from the emo-rock music he made with Fall Out Boy — he says he wasn't trying to jump on the club-centric groove that pop music is focused on these days.

Instead, he sees his first full solo effort as an R&B record in the vein of Prince or Michael Jackson, his childhood inspirations.

"If it sounds like modern dance music, I think it's by coincidence," said Stump late last month.

The frontman for Fall Out Boy says some people couldn't comprehend his artistic vision; that's one reason why there are no collaborators on the record (though Lupe Fiasco is on the remix for This City).

"(It's) an ongoing thing," said Stump, who is on a nationwide tour. "A lot of people still ask me to play Fall Out Boy at these shows, and I'm like, 'But the rest of the music is so different, I don't know (if) that would fit in.'

And then I also think it would be really disrespectful to the band to go out and play their songs without them."

Stump insists the platinum-selling band hasn't broken up, but adds: "I'm not sure everyone is into it right now. I'm in, but I haven't heard from anybody."

THE ASSOCIATED PRESS

Jackson family reacts

NICK UT/THE ASSOCIATED

▶ Michael Jackson's parents Joe an Katherine Jackson arrive at the Criminal Justice Center in downtown Los Angeles yesterday.

Michael Jackson's sister says she's ove joyed that a jury convicted the pop star's doctor of involuntary manslaug ter.

La Toya Jackson spoke to an Associ ed Press reporter on the way out of th courtroom saying, "Michael was look over us."

Jackson's mother, Katherine Jackso says she was confident this would be the outcome of the trial.

Members of the family wept quiet after the guilty verdict was read. Dr. Conrad Murray was handcuffed and t en into custody.

THE ASSOCIATED PRESS

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WAYS TO GET A TABLET ON US.

Jackson's doctor convicted

Guilty verdict in involuntary manslaughter trial for deceased pop star **Doctor faces up to four years in prison**

Michael Jackson's doctor was convicted yesterday of involuntary manslaughter after a trial that painted him as a reckless caregiver who administered a lethal dose of a powerful anesthetic that killed the pop star.

The verdict against Dr. Conrad Murray marked the latest chapter in one of pop culture's most shocking tragedies — the death of the King of Pop on the eve of the singer's heavily promoted comeback concerts.

The jury deliberated less than nine hours. The Houston cardiologist, 58, faces a sentence of up to four years in prison. He could also lose his medical license.

Jackson died on June 25, 2009, and details of his final days dribbled out over several months.

The complete story, however, finally emerged during the six-week trial. It was the tale of a tormented genius on the brink of what might have been his greatest triumph with one impediment standing in his way — extreme insomnia.

KEVORK DJANSEZIAN, POOL/THE ASSOCIATED PRESS

▶ Dr. Conrad Murray stands with defence attorneys during his highly publicized six-week trial.

Testimony came from medical experts, household employees and Murray's former girlfriends, among others.

Throughout the trial, Jackson family members watched from the spectator gallery, fans gathered outside with signs and T-shirts demanding, "Justice for Michael," and an international press corps broadcast reports around the world. The trial was televised and streamed on the Internet.

Prosecutors portrayed Murray as an incompetent doctor who used the anesthetic propofol without adequate safeguards and whose neglect left Jackson abandoned as he lay dying.

Murray's lawyers sought to show the doctor was a medical angel with former patients vouching for his skills. Murray told police from the outset that he gave Jackson propofol and other sedatives as the star struggled for sleep to prepare for his shows. But the doctor said he administered only a small dose on the day Jackson died.

Lawyers for Murray and a defence expert blamed Jackson for his own death, saying the singer gave himself the fatal dose of propofol while Murray wasn't watching. A prosecution expert said that theory was crazy.

Murray said he had formed a close friendship with Jackson, never meant to harm him and couldn't explain why he died.

THE ASSOCIATED PRESS

Jackson's final day

- During the last 24 hours of his life, Jackson sang and danced at a spirited rehearsal, which was followed by a night of insomnia.
- Testimony showed Murray gave Jackson intravenous doses of the sedatives lorazepam and midazolam that night. Jackson also took a Valium pill. But nothing seemed to bring sleep.
- Finally, Murray told police, he gave the singer a small dose of propofol — 25 milligrams — that seemed to put him to sleep. The doctor said he felt it was safe to leave his patient's bedside for a few minutes, but Jackson was not breathing when he returned.
- Witnesses said he was most likely dead at that point.

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Raising Hope springs eternal

Carpe Diem mindset of show's crew responsible for increasingly wild narrative **Character back stories explored**

PAT HEALY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

HANDOUT

▶ Raising Hope stars Lucas Neff as a single parent to an infant after the mother he had a one-night stand with ends up on death row.

The writers of Raising Hope come up with such reckless back stories (mild mannered main character Jimmy Chance's angry goth phase, his father's decision to fake a kidnapping to go live in a Winnebago with a stranger, etc.) it almost seems as though they are constantly thinking the show is about to be canceled.

But creator and executive producer Greg Garcia says the moment that they found out they were renewed for a second season was actually when they started taking these wild liberties.

"If anything," says Garcia, "it was more like, 'Hey, we're green lit for a second season. Let's do something and get crazy with this!'"

It's not like the show began with the most regular premise — Jimmy, a 23-year-old grocery store employee has a one-night stand with a serial killer, gets her pregnant, and has to raise their daughter after she is executed.

Meanwhile, Jimmy still lives at home with his senile great grandmother and his parents, who are only about 15 years older than he is. But Garcia and company took it a few steps further.

"I think just toward the end of the season, we — the writers and I — sat down and thought about what would be a good season ender," he says, "and then we came up with all those people's back story and stuff. It was just fun and we knew what we had done during the year, so we knew what we kind of had to stick true to as far as the reality of things."

This season has seen similar bold back story choices. In the premiere, Jimmy learns from an old home video that he was a child prodigy.

As he tries to reclaim his talent, he can't match the younger version of himself, played hilariously by YouTube prodigy Greyson Chance, who not only had the same last name as the characters, but who also looks a lot like Lucas Neff, who plays Jimmy.

"His YouTube videos blew my mind along with all of the other teen girls out there," says Neff.

Raising Hope airs Tuesday nights on Citytv.

Coming up...

Next week's episode follows along with the show's newfound tradition of unexpected guest stars adding to the back story.

▶ As the Chance family gets a last-minute visit from Jimmy's wealthy paternal grandparents, played by none other than The Six Million Dollar Man and Mrs. Partridge, Lee Majors and Shirley Jones, respectively.

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Is there a bun in the royal oven?

ALL PHOTOS GETTY IMAGES

▶ Kate Middleton has been called out for playing with her hair too much. But now it seems all eyes are on her stomach.

Duchess of Cambridge can't seem to keep her hands off her belly

It seems Kate Middleton can't make a move without sparking pregnancy rumours.

First, while visiting a UNICEF facility in Copenhagen, the Duchess of Cambridge declined to eat peanut paste, a food expectant mothers are usually advised to avoid.

And then her body language later in the visit only prompted further speculation.

"It was very odd," a source tells the Daily Mail.

"Kate would not stop touching her tummy — it was very noticeable. She continually patted it and held her hands against it.

"It was very odd. Kate would not stop touching her tummy — it was very noticeable."

SOURCE

She must have been doing it without realizing, and at one point she had both her hands cradling her stomach."

METRO

BIEBS TO TAKE PATERNITY TEST

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

▶ Justin Bieber

Justin Bieber is putting the kibosh on Mariah Yeater's paternity suit filed in San Diego Superior Court last week.

A source confirmed to Access Hollywood that Bieber is going to take a DNA test when he returns from Europe, where he is attending the MTV Europe Music Awards with girlfriend Selena Gomez.

Yeater claims she became pregnant after an encounter in a bathroom with Bieber after a concert last year. The star "went from cute and gushy to just … more aggressive," says Yeater in an exclusive interview with The Insider about their alleged 30 seconds of unprotected sex, which claims resulted in the birth of her son.

Bieber has denied the claims, telling the Today show recently that he's "never met the woman."

He's not stopping at proving his innocence, either: Once the test comes back vindicating the Canadian pop star, his team plans to hit Yeater with a hefty lawsuit "to show there are consequences when somebody trumps up phony, hurtful allegations against a celebrity," a source says.

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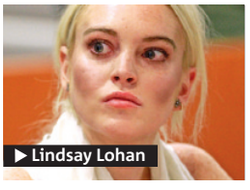
Lilo does a l'il bit of jail time

Lindsay Lohan checked into jail Sunday night to serve her latest sentence — and checked out less than five hours later, according to the Associated Press.

The troubled actress was sentenced to 30 days behind bars but managed to avoid spending even half a day in prison thanks to overcrowding in California's corrections system.

She will avoid serving an additional 270 days in jail if she performs 12 days of community service at the morgue and attends four psychotherapy sessions before December 14.

METRO



▶ Lindsay Lohan

Groom is 'a prop': Pattinson

Filming a pivotal wedding scene for the Twilight Saga: Breaking Dawn — Part 1 may have made star Robert Pattinson a bit cynical about weddings in general — especially for the groom, who "is just a prop," Pattinson says, according to People magazine.

"I mean, it's such a clear indication whose day it is when you're standing on one end of the aisle and the entire congregation is facing the other way, and you're in the same suit as every other guy."

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3 life

Prostate cancer

Prostate cancer is the most common type of cancer among Canadian men (after non-melanoma skin cancer). In 2011, an estimated 25,500 Canadian men will be diagnosed with prostate cancer, and 4,100 will die of the disease. One in seven men will develop prostate cancer in his life.

PAULINE ANDERSON

Nearly half of students in Grades 7-12 targeted by sexual harassment: U.S. study

ISTOCK PHOTOS

▶ Looking into your family history is an important indicator when it comes to identifying your prostate cancer risks.

The Mo(re) you know the better

If you see lots of hairy men around the city this month, don't be alarmed They're sprouting moustaches to raise awareness and funds for research into prostate cancer "Mo Bros" are on a mission to educate

PAULINE ANDERSON
LIFE@METRONEWS.CA

The statistics are disturbing. According to one survey, fewer than half of Canadian men see their doctor on a regular basis. The study also found that almost one in four men haven't had a medical check up in at least five years. All indications are that men wait until their symptoms are severe before seeking medical attention.

Whereas women are "conditioned" from an early age to see their doctor for an annual PAP test, which gives them an opportunity to review their overall health, guys just don't develop this habit, says Dr. Jonathan Kerr, a family doctor in Belleville, Ont.

"Young healthy guys between the ages of 15 and 35 years typically don't see the doctor, which breeds unfamiliarity and even discomfort at the idea of seeing a doctor," says Kerr. He adds that young men often don't see a doctor until they're "sick or have broken something."

It could be that men are averse to feeling vulnerable, or to putting themselves in someone else's care, says Dr. Mel Borins, a Toronto family physician. However, Borins thinks that men's brains are also actually "hard wired" to protect their children and spouse rather than themselves.

Finding the time to see the doctor is another barrier for busy men. But an annual physical exam takes only about 20 minutes, and is an important time to review a man's health history.

Movember

To get involved, register at movember.com.

Research Funds raised this month go to research into prostate cancer and to services for men living with this disease and their families, says Rebecca von Goetz, executive vice-president of Prostate Cancer Canada. Her organization is also launching a 1-800 number to offer tools to these men, including information on where to find a support group in their area.

$22M

Starting in Australia, the Movember movement is celebrating its fifth year in Canada. Last year, almost 119,000 Canadian "Mo Bros" and their supporters raised more than $22 million.

F@#%! I didn't use a condom.
Hot, sweaty, feverish – feels like the flu.
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Got stash? Get it just right

Whether you're getting in the spirit of Movember, sporting an early playoff beard or looking for a natural face warmer to help get you through the winter, we've got the roadmap to five styles any grown-up guy can pull off

Sideburns

What the look says: If you're still taking style cues from Union Army General Ambrose Burnside who originated the style with his giant fluffy pork chops then you may be too re-enactment retro. But coifed bacon strips or thinner burns add a slimming dimension to your face.
Upkeep: You can use your razor to make sure your burns don't extend beyond your desired borders or your barber can take care of them if you get frequent cuts.
Celebrity Follicles: Elvis Presley, Robert Pattison.

Full beard

What the look says: You are a rugged individualist, proud of your carefully cultivated yet uncompromising masculinity. Either that, or you've decided to cut back on your grooming budget.
Upkeep: Periodic trimming here and there to help define its shape, your neckline, and prevent your growth from reaching Z.Z. Top level proportions.
Celebrity Follicles: Conan O'Brien, Joaquin Phoenix.

Goatee

What the look says: Whether you're talking a tuft of jaw-line tracing chin grizzle or merely a soul patch beneath your bottom lip, the image is decidedly hipster.
Upkeep: The Paris Hilton of facial hairstyles, goatees requires frequent preening sessions to maintain so that they don't get too scraggly unless a devilishly long thicket is what you're going for.
Celebrity Follicles: Colin Farrell, Leonardo Dicaprio.

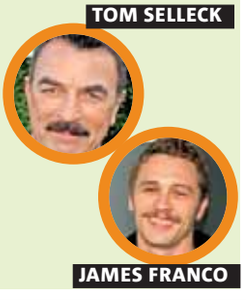
Shadow

What the look says: You ooze pheromones. The perfectly cropped thin blanket of stubble is a siren call that awakens the libidos in scores of women.
Upkeep: Pulling off a dark silhouette takes practice, but once you figure out how quickly your facial hair grows, you can perfect the timing between shaves to achieve the happy medium between the sloppy, can't-find-my-razor look and the cool, happy-hour vibe.
Celebrity Follicles: Jon Hamm, Michael Bublé.

Moustache

What the look says: You're a straight talking, wood whittling steak eater with a firm handshake that gives it 100 per cent because 110 per cent is impossible and only idiots recommend that.
Upkeep: Invest in a sharp needle nose shaped pair of scissors and a moustache comb to keep your mouth sweater tamed and crumb free.
Celebrity Follicles: Tom Selleck, James Franco.

MIKE DOJC



Remember to 'shave' face

Just as vertically striped clothing can have a flattering svelte effect, so can facial hairstyles. With some guidance from Dr. Allan Peterkin, co-author of The Bearded Gentleman: The Style Guide to Shaving Face, here are some pointers on achieving face/whisker harmony.

Double Chin: A squared-off goatee with shorter whiskers on the cheeks and longer ones on the chin will add balance. Sideburns and stubble can complement a fuller face.

Egghead: Punch up your cheeks with some bushy beard cover to round them out and add width.

Square jaw: You hit the genetic lottery. Just about any hirsute whim will look great.

Bald: Jason Statham's look with finely kempt stubble is a good one. MIKE DOJC

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Prostate news you can use

From robotic arms used in surgery to serial testing, major strides are being made to battle prostate cancer

PAULINE ANDERSON
LIFE@METRONEWS.CA

MICHAEL STUPARYK/TORONTO STAR

▶ Dr. Ken Pace (right) prepares for prostate cancer robotic surgery at St. Mikes Hospital.

Prostate cancer can be detected early with a PSA test (a blood test that measures levels of prostate-specific antigen) and a digital rectal exam (DRE). But these tests are not 100 per cent accurate.

A higher than normal PSA level can be due to an enlarged prostate as well as an indication of cancer cells.

Even if cancer cells are present, some grow so slowly that surgery, drugs or radiation may not be needed right away.

Also, a test may suggest that you have cancer when you really don't and this may lead to unnecessary treatment.

If a cancer is detected, doctors may suggest further tests, including a transrectal ultrasound or a biopsy of the prostate. Researchers are making headway in improving prostate cancer detection tools and in perfecting treatment approaches. Here are some areas they're looking into.

Genetic contribution

The Canadian Prostate Cancer Genome Network brings together researchers from across the country to sequence the DNA in different tumor types.

Thanks to this $20 million genetic mapping project, treatment decisions could eventually be based on personal genetics.

To treat or not to treat

The idea of closely watching some patients with prostate cancer and treating them only if and when necessary is taking hold in Canada, says Dr. Joseph Chin, professor and chair in the division of surgical oncology at the University of Western Ontario in London.

Nomograms

Dr. Robert Nam, a Canadian Cancer Society researcher at McGill University, has developed a new tool that may more accurately calculate the risk of prostate cancer.

It relies on age, ethnicity, family history, prostate size, and overall health, as well as the standard PSA and DRE test results.

Serial PSA testing

Research suggests that if a PSA level increases quickly, it may indicate cancer, so checking levels repeatedly may pick up this rapid rise earlier.

Improved imaging

Magnetic resonance imaging machines (MRIs) "are stronger, better and more powerful" than ever and are able to more precisely tell doctors where to biopsy, says Chin.

Diet and lifestyle

Emerging research indicates that a high-fat diet may raise risks for prostate cancer.

High-fat meats that are charred or cooked at high temperatures, as well as preserved meats like bacon and deli meats, could pose the highest risk.

Other research that included Canadian centers recently revealed that vitamin E and selenium are not protective against prostate cancer, he says. He and his colleagues advise men to be physically active and to not smoke

New test

Canadian researchers have helped develop the PCA3, a molecular urine test that could help identify more aggressive prostate cancers.

Improved surgery

Canadian Cancer Society researchers are looking at implanting tiny radioactive seeds in a prostate tumor.

It may prove to be a more precise way of treating patients while reducing side effects.

Robotic-assisted surgery

This procedure, available in London, Toronto, Montreal, Edmonton, Calgary and Vancouver, is growing in popularity.

It is constantly being perfected, although the outcome is comparable to standard prostate surgery, says Chin, who did the first such procedure in Canada in 2004.

He adds that the procedure is not for every patient, and depends on such things as the size of patient, the location and extent of the cancer and how aggressive it is.

Focal therapy

Researchers in London and Toronto are collaborating on a project to improve detection and treatment of localized prostate cancers.

"The prostate is the size of a walnut and if we can somehow confirm that the cancer is not affecting the whole walnut but is confined to a pea-sized area within that walnut, then we might be able to just treat the pea," explains Chin.

Hormone therapy

Researchers are investigating whether hormone therapy affects quality of life for prostate cancer patients. Cancer treatments may cause hot flashes, lethargy, weak bones and anaemia.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

ISTOCK PHOTO

Green Tea 101 The healing powers of green tea have been valued in Asia for thousands of years.

Black tea also has health benefits, but the powerful healing agents called catechins may be altered in black tea during processing.

Catechins, a class of flavonoids with antioxidant properties, are also responsible for tea's soothing flavour and aroma.

Disease fighter A catechin compound called EGCG is believed to have the ability to fight cancer at all stages, in three big ways.

It's purported to have the antioxidant power to seek out and destroy harmful free radicals. EGCG is thought to be able to inhibit an enzyme needed for the growth of cancer cells.

It's believed to have the capacity to induce death of cancer cells without harming the healthy cells.

Fat fighter As if green tea's disease-fighting capabilities weren't enough, evidence suggests that it may promote weight loss.

Though the amount you need to drink to achieve this hasn't been specified, researchers suggest that long-term consumption of green tea may decrease the incidence of obesity.

As if green tea's disease-fighting capabilities weren't enough, evidence suggests that it may promote weight loss.

How much caffeine? Tea leaves actually contain twice as much caffeine by weight as coffee beans do. But when measured by volume, tea has only half as much caffeine as coffee, because tea is drunk weaker and coffee is more completely extracted from the grounds.

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VISITING YOUR DENTIST IS THE FIRST STEP!

It is easy to see that some people might look at the title of this article and feel they are attending a meeting of Dental Phobics Anonymous! That is certainly not the intent here. You will not be asked to stand up, say your name and admit you do not visit your dentist!

However, there is a good chance that **many of you do not visit your dentist on a regular basis.** Some studies have indicated that, in North America, as little as **45% of the population visits their dentist at least once per year.** On a more local level, only 45% of local Ottawa seniors reported visiting the dentist at least once per year.

As dentists, we consider that a rather alarming statistic. First of all, due to the potential for your oral health to change rapidly, we recommend that you **visit your dentist at least twice per year.** For those individuals experiencing specific dental issues, such as periodontitis, your dentist may recommend more frequent visits.

We understand that there are a number of factors that interfere with your ability to make it to the dentist. Work days seem so much longer than ever before as technology seems to have us permanently linked to the office. Single parents or two income families often struggle to balance work life with getting their kids to whatever activity they have that night.

Dr. George Parry
Dental Surgeon

Even if you want to go to the dentist, **life can be so busy it just seems to get in the way!**

It is certainly not our place to lecture anybody about the importance of good oral health. That being said, we would be remiss if we did not, at the very least, remind you **just how important regular dental visits are!**

Your mouth is truly a window into your overall health. **People in poor oral health tend to be more likely to experience poor overall health as well!** The bacteria that builds on the teeth can penetrate into your bloodstream and cause infections to spread, or result in cardiovascular diseases!

Sometimes, an **underlying health condition** that may not seem to be linked to oral health can be **spotted by your dentist.** For example, some dentists have spotted signs of undiagnosed **diabetes** in patients. Imagine how their health could have been further compromised without that dental visit!

Then, of course, there is the **potential life saving diagnosis your dentist may provide through early detection of oral cancer!** Visiting even once per year is not sufficient to increase the likelihood of early detection. You need to get to the dentist **at least every six months** to provide your dentist with the best chance to catch oral cancer as early as possible.

We understand that this may seem like a large investment in time. **But it is your health we are talking about.** And if one of your children has to miss one hockey practice because you have a dentist appointment, we think that beats the option of discovering oral cancer when it is too late!

So invest the time to see your dentist. Because regular dental visits are a healthy habit…and healthy habits lead to healthy lives.

Dr. George Parry
- Dental Surgeon

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

Taste of traditional goodness

Colonnade Pizza takes you back to the days of worn yet comfortable seating, classic pizza stands for sharing and solidly reliable pizza flavours

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

Colonnade Pizza in Kanata has a friendly, old-fashioned appeal.

The tables are simple and the chairs are worn but comfortable.

The radio is played over the speakers and pizza is delivered on a traditional pizza stand for sharing.

Though it offers salads, sandwiches and pasta, I know to order pizza at a pizza restaurant. I opted for a personal-sized ham and pineapple. It was undeniably good.

The crust had a faint crunch on the bottom. Sweet pineapple chunks and slices of ham sat on the slightly tangy tomato sauce before being buried under melted cheese. There was lots of cheesy goodness. And, unlike some places, the ham did not overwhelm the mix of ingredients.

Colonnade Pizza has been around for more than 40 years.

Though you won't find fig and goat's cheese on its pies, you will find traditional pizza that is reliably good.

Colonnade Pizza
461 Hazeldean Rd.
613-831-5599
Reservations: Yes
Social lunch: Yes
Quick solo lunch: Yes
Co-worker lunch: Yes
Client negotiations: Yes
Time in: 12:09 p.m.
Time out: 12:38 p.m.
Price range: $
Rating: 3.5 out of 5

SHARI GOODMAN

▶ Personal-sized ham and pineapple.

THE CANADIAN PRESS H/O

Personal Naan Pizza

Looking to order take-out pizza again tonight?

Try something different like this Tuna Basil Pizza made with naan bread. It's tasty and has less calories than the take-out version.

If naan isn't to your liking, try using Greek pita bread as an alternative.

Preparation:

1. Place naan on a flat surface and spread pizza sauce over top of bread. Sprinkle with cheese and tuna and top with black olives.
2. Place under preheated broiler for 3 minutes or until naan is crisp. Serve immediately.

EMILY RICHARDS/ CLOVER LEAF/ THE CANADIAN PRESS

Ingredients:

- 2 pieces (each 100 g) naan bread (200 g pkg)
- 125 ml (1/2 cup) pizza sauce
- 125 ml (1/2 cup) goat cheese
- 2 cans (each 85 g) flaked light tuna (sun-dried tomato and basil)
- 125 ml (1/2 cup) black olives, sliced

SOMETIMES WE ALL NEED A LITTLE HELP FROM OUR FRIENDS

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Last week I had an experience that I absolutely want to share with all of you.

I was scheduled to deliver an important speech to the executives of several very prominent hotels here in Shanghai. As I arrived at the hotel I struggled to get out of the very small taxi. In my struggles, all of a sudden I heard (much to my horror) a huge rip. Yes, my pant crotch, from front to back, was wide open and everyone outside of the car was exposed to my Calvin Klein's. A true wardrobe malfunction was in full swing. So what to do? I did not have enough time to go back to my hotel to change and I could not stay like this to deliver my speech. So, stuck in the back of the taxi feeling very embarrassed and awkward, I asked my host, Ms. Catherine, who had just experienced this display, if she had someone at the hotel who could sew my pants in an emergency.

And this is the part that's so fabulous. Ms. Catherine, a senior hotel vice president who was meeting me, calmly said, "Oh Mr. MacPherson don't worry, this is not the first time this has ever happened. Please follow me to a private area and we will call the seamstress right away."

And then while walking together she graciously said without missing a step, "While we wait for the seamstress can I order a coffee or tea for you?"

You can all imagine how embarrassed I was. But Ms. Catherine, with good etiquette skills, made me feel very comfortable in such an awkward situation.

I was so lucky to have Ms. Catherine there. She put me at ease, didn't draw any unnecessary attention to me and we all got through it painlessly. At the most important moment, Ms. Catherine made me feel calm and comfortable and for that I am eternally grateful, so thank you!

ISTOCK

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

READERS CHOICE AWARDS 2011
What's *your* favourite restaurant?
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EASE THE BURDEN

BANANASTOCK/THINKSTOCK

SCHOLARSHIPS, BURSARIES CAN OFFER RELIEF FOR STUDENTS

If you are a high school student considering attending a university or college after graduation but are worried you won't be able to afford the expense of a three- or four-year undergraduate degree, possibly followed by graduate studies, you are not alone.

"Students are facing more financial barriers than ever before, thanks to high tuition fees, more student debt and less government funding than 30 years ago," says Roxanne Dubois, the chairperson of the Canadian Federation of Students.

With annual tuitions averaging $5,000, plus the cost of books and living expenses, it's no wonder that by the time students earn an undergraduate degree, they could be up to their ears in debt. The good news is there is some relief at hand. "Scholarships, bursaries and grants are sums of money designed to help pay tuition fees that students don't have to pay back," says Dubois. These "gifts" can run anywhere from $500 to covering full tuition costs.

Students can apply to the Canada Student Grants Program and the Canada Student Loans Program; each province has a similar financial aid program. "You can apply for both as long as you meet the criteria," says Dubois.

Don't forget to check out the post-secondary institution you are either planning to attend or in which you are already enrolled. The school's website should have information about the annual scholarships, bursaries and grants it offers, or you can call the student financial aid office, students' union office or student services office for information.

If you want to dig deeper, you can make some calls to local public agencies that might offer scholarships to certain special interest groups, such as women, francophones or First Nations peoples. *– Jane Doucet*

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GOVERNMENT PROGRAMS

The Canada Student Loans Program and the Canada Student Grants Program help by providing student financial assistance in the form of repayable loans and non-repayable grants to Canadians attending post-secondary education in most provinces and territories. For information about both programs, visit hrsdc.gc.ca/eng/learning/canada_student_loan/index.shtml.

FINDING THE RIGHT BALANCE

Losing her spot on the honour roll is the price Amy Pielaszek has to pay for working 30 hours per week as a drug store supervisor.

"It's stressful at times," says the 20-year-old Mohawk College student. "It's hard to balance everything. If I work the night before I have a test, I'm kind of screwed."

Results on a recent psychology test tumbled to 60 per cent from an earlier score of 92. She had to work the night before her test. "In high school I was on the honour roll, but this year it's debatable," she said.

Pielaszek isn't alone. A survey of professors and librarians at Ontario universities found that paid work during the school year could be hindering students' studies. As tuition fees and cost-of-living expenses continue to rise, students are looking for ways to offset escalating costs.

Post-secondary counsellors say there is a maximum number of hours a student should work to successfully manage a full course load. And many work beyond that.

At Calgary's Bow Valley College, that number is 20 hours. Besides offering counselling, time management and budgeting help, the school also has child-care and emergency bursaries that students can access to help balance their expenses.

Carleton University uses the 60-hour rule. If a student is taking 15 hours of classes per week and studying the recommended bare minimum of two hours for every hour of lecture, that totals 45 hours, leaving 15 hours left for paid work.

Students are often reluctant to reveal the number of hours they actually put in for fear they will be advised to quit their jobs, says Carleton's academic adviser Bryan Tinlin. In reality, the fix is in setting priorities.

Hitting the books while working up to 30 hours per week drove Ian Stead to near burning out in September. Assignments were turned in late and not as high calibre as he would have liked, so the 28-year-old Algonquin College student decided to trim his work hours and reduce his course load.

"I was earning more than enough to get by and that's why I made the decision to cut it down," says the second-year professional writing student, who now works 15 to 20 hours per work. "I feel good now and I'm not stressed about it at all." *– Kelly Putter*

JACK HOLLINGSWORTH/PHOTODISC/THINKSTOCK

COSY WORLD OF TRENT U

STUDENTS ENJOY CLOSE CONTACT WITH FACULTY

For Hugh Elton, acting dean of Arts and Science (Humanities) and a professor of Ancient History and Classics, it was a moment that neatly sums up the Trent University experience.

"I was chatting with a new student one day and he told me he'd transferred from a large university in Toronto," he recalls. "He said this was the first time he'd ever actually had a conversation with a professor. I was flabbergasted."

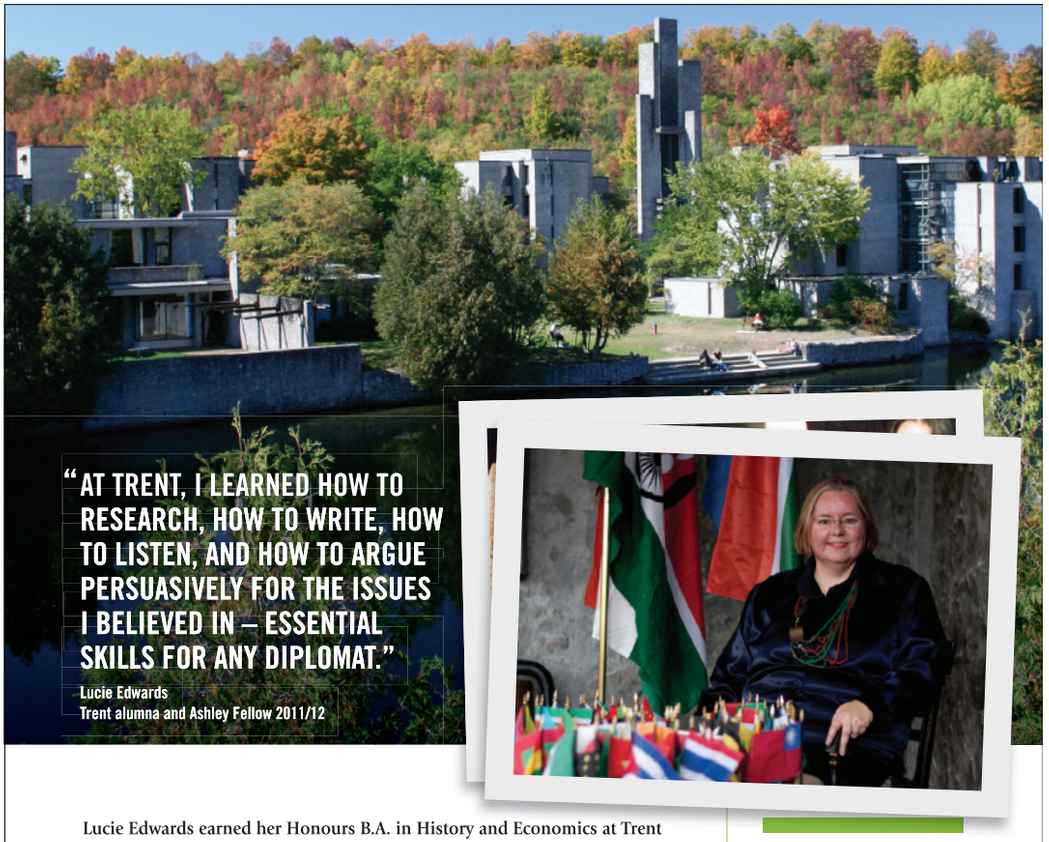
The exchange speaks to one of the key advantages of Trent University: Close contact between students and faculty. Established in 1964, Trent University has an enrolment of 7,800 full- and part-time students, and an exceptionally low student-to-faculty ratio of 19 to 1.

Close contact with faculty was certainly one of the factors that convinced Ottawa's Dylan Hunt to choose Trent. "I had looked at other Ontario universities, but Trent's class sizes and natural setting really appealed to me."

The school's primary campus in Peterborough is one of the prettiest in Canada: More than 1,400 acres, much of it parkland, nestled along the shores of the Otonabee River. Although the setting is purely Canadian, the school is remarkably worldly. Approximately 700 students from abroad attend Trent University in any given year.

NEW COURSES DEBUT

Trent University will offer several new degree programs starting in September 2012: Archaeology (BA or B.Sc.); Bachelor of Arts and Science (limited enrolment program); Journalism program in partnership with Loyalist College (BA or B.Sc.); Media Studies (BA); and Sustainable Agriculture and Food Systems (BA or B.Sc.).


"AT TRENT, I LEARNED HOW TO RESEARCH, HOW TO WRITE, HOW TO LISTEN, AND HOW TO ARGUE PERSUASIVELY FOR THE ISSUES I BELIEVED IN – ESSENTIAL SKILLS FOR ANY DIPLOMAT."
Lucie Edwards
Trent alumna and Ashley Fellow 2011/12

Lucie Edwards earned her Honours B.A. in History and Economics at Trent University. She went on to become High Commissioner to Kenya, South Africa and India. Today, she can be found working at the crossroads of science, the environment, and international development. Among the most research-intensive universities of its size in Canada, Trent is renowned for creating opportunities for students to flourish and develop as individuals and as global citizens. This made all the difference to Ms. Edwards who says, "Trent helped me develop the tools in public policy to deal with the big 21st century problems, like climate change and development."

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HOLIDAY BUDGETING

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Does holiday spending make you sweat? Don't fret — take 10 minutes and prepare a holiday budget.

Take five minutes to write down who you need to buy for and approximately how much you'd like to spend per person. Add it up.

If you're like the majority of Canadian households, your shopping list amounts to around $1,000. Yikes!

Money is tight these days! So, take five more minutes and determine ways to cut back on your overall expenses. Reduce the number of presents.

Rather than buying individual presents for each niece and nephew, purchase a gift for the whole family like a board game or passes to see a movie. Better yet, draw names for a family gift exchange; one present per person and limit the dollar value. Scrap gifts for colleagues and bake treats instead. Reduce the amount you spend per gift. Buy presents in bulk from discount or wholesale stores.

Make handmade crafts or baked gifts. Shop in advance and spread out your purchases. Monitor online coupon sites like Groupon. Scale down your purchase; buy a smaller set of wine glasses or ½ carat diamond versus a full carat.

Budget for meals and entertainment. Rather than preparing a holiday dinner on your own dime, host a potluck dinner instead. Use coupons and don't overbuy; a smaller turkey and veggie dishes are sufficient.

The holidays are about spending meaningful time with friends and family. Your thoughts and intensions are what count, not how much you spend.

FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA

Youth bailout package?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

A September 2011 study by the BC Securities Commission has exposed an impending head-on collision that I've been warning about for years. The financial expectations of Canada's youth are on track to smash into their ever-diminishing financial reality.

The securities commission study surveyed over three thousand 17- to 20-year-olds across Canada.

They found that their expectations for the future were vastly different from current reality or what is most probably in the future.

"The young are heading for financial disaster if we don't take action."

-ALISON'S MONEY RULE

Survey respondents expected to earn, on average, more than $90,000 in 10 years time. Unfortunately, 25- to 30-year-olds with post-secondary degrees are now only averaging $31,640.

These figures become even more ominous in the context of a recent Statistics Canada study showing that wages of those 20 to 34, across all levels of education, declined significantly in the 1980s and the trend has continued to present day, though at a lesser pace.

Now factor in unemployment for youth, which hovers in the 14 per cent range compared to the national rate of just over seven per cent, and the picture gets pretty bleak.

Adding menace to these statistics, over half of the 17- to 20-year-olds are already carrying an average of $8,000 in debt from credit cards, lines of credit, student loans and family borrowing.

By the time they graduate, according to a 2010 Vanier Institute of the Family Study, that amount will have swollen to $18,000 not including family debt or lines of credit.

And what about those debts? Almost half say they are setting aside money and will "definitely" or "very likely" have them paid off in five years, while 25 per cent are doing nothing.

How likely is that these debts will be paid off in five years? Not likely based on a September 2009 survey by the Canadian Payroll Association, where two-thirds of Canadians 18 to 34 reported they would be in trouble if their paycheque was delayed by only one week.

We simply can't afford to let a generation fail.

ISTOCK

▶ Many young people are in debt and job-insecure.

We must make every effort to reduce youth unemployment and help them avoid or pay down debt, particularly student loans.

Since it is financial literacy month this isn't only a good goal, but also an essential one.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

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ADVERTISING FEATURE
RECYCLE FROG (613) 695-1236

Selling old gold and silver jewelry? The bad. The ugly. The good.

Skyrocketing gold and silver prices has many consumers wondering how much their old or broken gold jewelry is worth.

The question you should be asking yourself is: where do you go to ensure you receive a fair offer? There are plenty of options but which ones pass the common msense test?

Option #1: New companies. Inflated promises. False advertising.

Anyone can post really high payout prices. There are no laws to protect unsuspecting consumers from misleading ads that promise to pay outrageous and unrealistic prices.

They use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it's actually 14kt). The bottom line, people end up with less money in their pocket, not more.

Option #2: Mail away your gold. Hope for the best.

Most consumers feel uneasy about mailing their jewellery to one of the many flashy "Cash for Gold" type companies seen

on TV. The truth is, several of these companies have received harsh criticism from consumer advocacy groups because of their notoriously shady sales tactics and low payouts.

So, if those ads featuring cash waving "customers" send a chill down your spine, it's for good reason.

Option #3: Recycle Frog, you be the judge.

Recycle Frog is an Ottawa-based precious metals recycling company that has built its business by serving today's more prudent middle and upper-middle-class consumer. Comprised primarily of ex-Royal Canadian Mint employees, Recycle Frog's payout rates are published, and consistently rank among the highest in the industry.

One-on-one evaluations are conducted at their many convenient public events or are pre-scheduled at their World Exchange Plaza location. They're a trusted fundraising partner to various charitable organizations including the United Way, CHEO, Christmas Exchange and The Canadian Cancer Society.

Get a competitive, haggle-free offer for your old gold and silver by simply calling Recycle Frog at 613-695-1236 or visit their website at www.recyclefrog.com for more information.

Was it just too good to last?

Senators are no longer surprising opponents ◗ Need to find power play to end skid

The Ottawa Senators aren't catching anyone by surprise anymore.

Ottawa was expected to rank near the bottom of the Eastern Conference this season, but the Senators showed some resiliency during a six-game win streak that caught many off guard.

That roll salvaged a 1-5 start, but now Ottawa has dropped three in a row and lost the element of surprise.

"I think we're definitely getting more attention," said Senators forward Nick Foligno yesterday. "I think we were doing a lot of good things, but I think we've just gotten away from our game. We were finding ways to win and guys were coming up with big games, big goals. I think we need to get back to our full game."

The biggest difference between the winning streak and the losing skid is the Senators' sudden inability to score a power-play goal.

Ottawa's power play — once ranked the best in the NHL — has gone 0-for-9 in the past three games, the longest stretch this season without scoring on the man advantage.

"Sometimes the numbers can be misleading," said Jason Spezza, who has been held pointless in the last four games. "I don't think we've gotten away from what we were doing, I think we just haven't put the puck in the net.

"It definitely has to be good for us. The power play, when it's going good, we're scoring and it's definitely an advantage when your special teams are good."

Like Spezza, Erik Karlsson has also been held pointless in the last three games. There's no denying the two are instrumental to the Senators' success on the power play.

"Sometimes you're going to have some games where you don't score any points even though you have great chances and maybe you should have," said Karlsson. "That's the way it goes. Sometimes they just keep coming and sometimes no matter what you do you can't get one."

Senators coach Paul MacLean hasn't been completely disappointed by his power-play unit, despite its lack of production. Ottawa remains the third best in the league with an extra skater, producing at a rate of 25.5 per cent.

"It still has generated a lot of momentum and scoring chances," said MacLean.

"The Buffalo game (a 3-2 overtime loss on Saturday) was the first time that I thought we didn't really generate consistently the way that we had been so that's the only time. But we need to get back.

"Having a power play that's effective certainly helps you win games as we've seen."

The absence of captain Daniel Alfredsson has also been an issue for the Senators. Ottawa has won once since Alfredsson was placed on injured reserve with a concussion.

"Every team is going to miss a guy like that," said MacLean." He really balances out your offence. It gives another line another dimension, an ability to score."

Alfredsson has shown signs of progress and skated on his own yesterday. MacLean expects Alfredsson to undergo baseline testing today.

"He's progressing. He's made some progress the last couple of days which is very positive," said MacLean. "He's gone from riding the bike to actually skating. There's no timeline on it, but there's progress."

THE CANADIAN PRESS

JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY

▶ Jason Spezza handles the puck against the Montreal Canadiens on Friday.

Filatov to AHL

Left-wing Nikita Filatov was re-assigned to the Binghamton Senators yesterday.

Crosby could be back this Friday

Sidney Crosby didn't say no.

He didn't say yes, either. But yesterday, the NHL's sidelined superstar said he could return from his 10-month concussion layoff as early as this weekend.

While the Penguins captain emphasized his status hasn't changed — and there is no target date for his long-anticipated return — he also said he isn't ruling out any game on the upcoming schedule.

Only a week ago, by contrast, he said there was no chance he would play last Thursday in San Jose or Saturday in Los Angeles. Pittsburgh is enjoying a five-day break before playing the Dallas Stars at home Friday and the Carolina Hurricanes on the road Saturday.

"I'll reiterate to you again, there is not a timetable or a date right now that we know and you don't."
PENGUINS COACH DAN BYLSMA

"That's a possibility," Crosby said of returning Friday. "Just like however many games left there are (a possibility). ... I'd love it to be (Friday), but I would have loved it to be on the West Coast trip, too. There are a lot of different guesses but, like I said, everyone's guesses are as good as mine."

There is guesswork involved because nobody seems to know for certain how much contact — or how little — Crosby must absorb during practice for his doctors to clear him to play for the first time since Jan. 5.

Crosby unexpectedly flew back to Pittsburgh from Los Angeles to meet Sunday with his concussion specialists, touching off talk that his return was imminent. However, he said he merely wanted to get the session out of the way so he could take part in team-building activities yesterday and today.

Penguins coach Dan Bylsma also said nothing has changed. Crosby goes through all drills during practices with his teammates, then is evaluated periodically by those overseeing his recovery to see how he is progressing.

"I just tell them how I feel. That's usually how it goes, giving feedback and letting them know how I'm feeling," Crosby said.

THE CANADIAN PRESS

4 sports

Quoted

"Anybody who pays attention to these things already knew that. The only organization in denial was the NHL."

DICK POUND, WHO SAYS GEORGES LARAQUE'S ALLEGATIONS ABOUT PERFORMANCE-ENHANCING DRUGS IN THE NHL REINFORCE WHAT HE HIMSELF SAID SIX YEARS AGO. POUND, THEN PRESIDENT OF THE WORLD ANTI-DOPING AGENCY, RAISED EYEBROWS IN NOVEMBER 2005, WHEN HE SAID AS MANY AS A THIRD OF NHL PLAYERS WERE USING SOME KIND OF PERFORMANCE-ENHANCING DRUG.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	15	9	3	1	2	45	34	21	4-1-1-0	5-2-0-2	6-3-0-1	W1
d-Toronto	14	9	4	1	0	45	46	19	5-1-1-0	4-3-0-0	6-4-0-0	L1
d-Washington	12	9	3	0	0	48	33	18	6-0-0-0	3-3-0-0	7-3-0-0	L1
Philadelphia	14	8	4	1	1	58	44	18	4-3-1-1	4-1-0-0	5-4-0-1	W1
NY Rangers	13	7	3	1	2	35	28	17	4-1-0-1	3-2-1-1	7-2-0-1	W4
Buffalo	13	8	5	0	0	36	28	16	3-4-0-0	5-1-0-0	6-4-0-0	W2
Tampa Bay	14	7	5	0	2	44	46	16	4-1-0-0	3-4-0-2	6-3-0-1	W2
Florida	13	6	4	0	3	34	36	15	2-1-0-3	4-3-0-0	4-3-0-3	L3
Ottawa	15	7	7	0	1	45	55	15	5-3-0-1	2-4-0-0	6-3-0-1	L3
New Jersey	12	6	5	0	1	30	34	13	3-2-0-1	3-3-0-0	5-3-0-1	W2
Carolina	14	5	6	2	1	35	47	13	3-3-0-1	2-3-2-0	4-4-1-1	L2
Montreal	13	5	6	1	1	34	36	12	2-3-1-1	3-3-0-0	4-4-1-1	L1
Winnipeg	14	5	7	1	1	35	45	12	2-2-0-0	3-5-1-1	4-4-1-1	L2
NY Islanders	11	4	5	1	1	23	29	10	4-3-1-0	0-2-0-1	4-4-1-1	W1
Boston	12	5	7	0	0	34	28	10	3-5-0-0	2-2-0-0	4-6-0-0	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	13	10	3	0	0	40	31	20	6-1-0-0	4-2-0-0	8-2-0-0	W3
d-Chicago	14	8	3	1	2	46	42	19	5-1-0-2	3-2-1-0	6-2-1-1	L2
d-Edmonton	13	8	3	0	2	30	22	18	5-1-0-1	3-2-0-1	7-2-0-1	L1
Minnesota	13	7	3	2	1	30	26	17	5-2-1-0	2-1-1-1	6-2-2-0	W4
Nashville	13	7	4	1	1	35	34	16	2-2-0-1	5-2-1-0	5-3-1-1	W2
Phoenix	13	7	4	0	2	38	36	16	4-3-0-1	3-1-0-1	6-3-0-1	W1
San Jose	12	7	4	1	0	37	33	15	2-2-1-0	5-2-0-0	6-3-1-0	L1
Los Angeles	13	6	4	1	2	28	28	15	3-3-0-1	3-1-1-1	5-3-1-1	L4
Colorado	14	7	6	1	0	40	42	15	1-5-0-0	6-1-1-0	4-5-1-0	L3
Vancouver	15	7	7	0	1	45	44	15	3-2-0-1	4-5-0-0	5-5-0-0	W1
Detroit	12	6	5	1	0	29	29	13	4-2-1-0	2-3-0-0	4-5-1-0	W1
Calgary	13	6	6	1	0	30	32	13	3-3-1-0	3-3-0-0	5-4-1-0	W1
Anaheim	14	5	6	1	2	27	41	13	3-2-0-0	2-4-1-2	2-5-1-2	L5
St. Louis	13	6	7	0	0	32	35	12	3-1-0-0	3-6-0-0	5-5-0-0	L1
Columbus	14	2	11	0	1	31	53	5	2-4-0-1	0-7-0-0	2-8-0-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
N.Y. Islanders at Boston
Los Angeles at San Jose
Sunday's results
Calgary 2 Colorado 1
Vancouver 6 Chicago 2
N.Y. Rangers 3 Winnipeg 0
Dallas 5 Carolina 2
Tampa Bay 4 Florida 3 (SO)
Tonight's games
All Times Eastern
Winnipeg at Buffalo, 7 p.m.
Florida at Toronto, 7 p.m.
Carolina at New Jersey, 7 p.m.
Dallas at Washington, 7 p.m.
Edmonton at Montreal, 7:30 p.m.
Colorado at Detroit, 7:30 p.m.
Chicago at St. Louis, 8 p.m.
Minnesota at Calgary, 9 p.m.
Nashville at Los Angeles, 10:30 p.m.
Tomorrow's games
N.Y. Rangers at Ottawa, 7:30 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.
Nashville at Anaheim, 10 p.m.
Thursday's games
Edmonton at Boston, 7 p.m.
Chicago at Columbus, 7 p.m.
Toronto at St. Louis, 8 p.m.
Florida at Winnipeg, 8:30 p.m.
N.Y. Islanders at Colorado, 9 p.m.
Montreal at Phoenix, 9 p.m.
Vancouver at Los Angeles, 10:30 p.m.
Minnesota at San Jose, 10:30 p.m.

SCORING LEADERS

	G	A	PT
Kessel, Tor	10	11	21
Giroux, Pha	9	10	19
Backstrom, Wash	5	13	18
H.Sedin, Vcr	5	13	18
D.Sedin, Vcr	6	11	17
Lupul, Tor	8	8	16
Vanek, Buf	8	8	16
Kopitar, LA	7	9	16
Benn, Dal	5	11	16
Stamkos, TB	10	5	15
Pavelski, SJ	9	6	15
Eriksson, Dal	8	7	15
Jagr, Pha	6	9	15
Spezza, Ott	6	9	15
Pominville, Buf	5	10	15
P.Kane, Chi	4	11	15
Edler, Vcr	3	12	15
M.Bergeron, TB	2	13	15
Michalek, Ott	9	5	14
Neal, Pgh	9	5	14
Seguin, Bos	7	7	14
Skinner, Car	6	8	14
Ra.Whitney, Phx	6	8	14
Legwand, Nash	5	9	14
Selanne, Ana	5	9	14
St. Louis, TB	3	11	14
Gaborik, NYR	7	6	13
Ma.Hossa, Chi	7	6	13
Ovechkin, Wash	6	7	13
Versteeg, Fla	5	8	13
Karlsson, Ott	1	12	13
Letang, Pgh	1	12	13
Tavares, NYI	8	4	12
Nugent-Hopkins, Edm	6	6	12
Smyth, Edm	6	6	12
van Riemsdyk, Pha	6	6	12
T.Fleischmann, Fla	5	7	12
Hartnell, Pha	5	7	12
Purcell, TB	5	7	12
P.Sharp, Chi	5	7	12
Vrbata, Phx	5	7	12
Briere, Pha	4	8	12
Plekanec, Mtl	4	8	12
Campbell, Fla	1	11	12

Not including last night's games

HOCKEY

CHL/RUSSIA SUPER SERIES

All Times Eastern
Last night's result
At Victoriaville, Que.
Russia vs. QMJHL
Tomorrow's game
At Quebec City
Russia vs. QMJHL, 7 p.m.
Thursday's game
At Ottawa
Russia vs. OHL, 7 p.m.
Monday, Nov. 14
At Sault Ste. Marie, Ont.
Russia vs. OHL, 7 p.m.
Wednesday, Nov. 16
At Regina
Russia vs. WHL, 8 p.m.
Thursday, Nov. 17
At Moose Jaw, Sask.
Russia vs. WHL, 8 p.m.

IIHF 2011 WORLD JUNIOR A CHALLENGE

At Langley, B.C.

PRELIMINARY ROUND

All Times Eastern
Last night's results
Canada East vs. Czech Republic
U.S. vs. Sweden
Tonight's games
Czech Republic vs. Russia, 7 p.m.
Sweden vs. **Canada West**, 10:30 p.m.
Tomorrow's games
Russia vs. **Canada East**, 7 p.m.
Canada West vs. U.S., 10:30 p.m.

IIHF 2012 WORLD JUNIOR CHAMPIONSHIP

PRELIMINARY ROUND

Monday, Dec. 26
At Edmonton
Canada vs. Finland, 3:30 p.m.
U.S. vs. Denmark, 8 p.m.
At Calgary
Sweden vs. Latvia, 5:30 p.m.
Russia vs. Switzerland, 10 p.m.
Tuesday, Dec. 27
At Edmonton
Denmark vs. Czech Republic, 8 p.m.
At Calgary
Latvia vs. Slovakia, 10 p.m.
Wednesday, Dec. 28
At Edmonton
Finland vs. U.S., 3:30 p.m.
Czech Republic vs. **Canada**, 8 p.m.
At Calgary
Switzerland vs. Sweden, 5:30 p.m.
Slovakia vs. Russia, 10 p.m.
Thursday, Dec. 29
At Edmonton
Canada vs. Denmark, 8 p.m.
At Calgary
Russia vs. Latvia, 10 p.m.
Friday, Dec. 30
At Edmonton
Czech Republic vs. U.S., 3:30 p.m.
Denmark vs. Finland, 8 p.m.
At Calgary
Slovakia vs. Sweden, 5:30 p.m.
Latvia vs. Switzerland, 10 p.m.
Saturday, Dec. 31
At Edmonton
Finland vs. Czech Republic, 4 p.m.
U.S. vs. **Canada**, 8 p.m.
At Calgary
Switzerland vs. Slovakia, 6 p.m.
Sweden vs. Russia, 10 p.m.

NFL

WEEK NINE

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	5	3	0	.625	222	184
N.Y. Jets	5	3	0	.625	199	163
Buffalo	5	3	0	.625	222	174
Miami	1	7	0	.125	138	169
SOUTH						
Houston	6	3	0	.667	236	157
Tennessee	4	4	0	.500	156	169
Jacksonville	2	6	0	.250	98	163
Indianapolis	0	9	0	.000	128	283
NORTH						
Baltimore	6	2	0	.750	208	130
Cincinnati	6	2	0	.750	195	140
Pittsburgh	6	3	0	.667	196	162
Cleveland	3	5	0	.375	119	170
WEST						
Kansas City	4	4	0	.500	131	201
San Diego	4	4	0	.500	199	204
Oakland	4	4	0	.500	184	216
Denver	3	5	0	.375	171	224

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	6	2	0	.750	198	184
Dallas	4	4	0	.500	179	175
Philadelphia	3	4	0	.429	179	152
Washington	3	5	0	.375	127	158
SOUTH						
New Orleans	6	3	0	.667	287	205
Atlanta	5	3	0	.625	189	170
Tampa Bay	4	4	0	.500	147	196
Carolina	2	6	0	.250	187	207
NORTH						
Green Bay	8	0	0	1.000	275	179
Detroit	6	2	0	.750	239	147
Chicago	4	3	0	.571	170	150
Minnesota	2	6	0	.250	172	199
WEST						
San Francisco	7	1	0	.875	206	118
Seattle	2	6	0	.250	122	185
Arizona	2	6	0	.250	162	196
St. Louis	1	7	0	.125	100	211

Byes: Carolina, Detroit, Jacksonville, Minnesota
Last night's result
Chicago at Philadelphia
Sunday's results
Dallas 23 Seattle 13
Miami 31 Kansas City 3
New Orleans 27 Tampa Bay 16
Houston 30 Cleveland 12
San Francisco 19 Washington 11
N.Y. Jets 27 Buffalo 11
Atlanta 31 Indianapolis 7
Denver 38 Oakland 24
Cincinnati 24 Tennessee 17
Green Bay 45 San Diego 38
Arizona 19 St. Louis 13 (OT)
N.Y. Giants 24 New England 20
Baltimore 23 Pittsburgh 20

WEEK 10

All Times Eastern
Thursday, Nov. 10
Oakland at San Diego, 8:20 p.m.
Sunday, Nov. 13
Buffalo at Dallas, 1 p.m.
Denver at Kansas City, 1 p.m.
Washington at Miami, 1 p.m.
St. Louis at Cleveland, 1 p.m.
Arizona at Philadelphia, 1 p.m.
Tennessee at Carolina, 1 p.m.
Pittsburgh at Cincinnati, 1 p.m.
Houston at Tampa Bay, 1 p.m.
New Orleans at Atlanta, 1 p.m.
Jacksonville at Indianapolis, 1 p.m.
Baltimore at Seattle, 4:05 p.m.
N.Y. Giants at San Francisco, 4:15 p.m.
Detroit at Chicago, 4:15 p.m.
New England at N.Y. Jets, 8:20 p.m.
Monday, Nov. 14
Minnesota at Green Bay, 8:30 p.m.

GOLF

PGA MONEY LEADERS

(all figures in U.S. dollars)

	Trn	Money
1. Luke Donald	19	$6,683,214
2. Webb Simpson	26	$6,347,353
3. Nick Watney	22	$5,290,673
4. K.J. Choi	22	$4,434,691
5. Dustin Johnson	21	$4,309,961
6. Matt Kuchar	24	$4,233,920
7. Bill Haas	26	$4,088,637
8. Steve Stricker	19	$3,992,785
9. Jason Day	21	$3,962,647
10. David Toms	23	$3,858,090
11. Adam Scott	18	$3,764,797
12. Phil Mickelson	21	$3,763,488
13. Keegan Bradley	28	$3,758,600
14. Brandt Snedeker	26	$3,587,206
15. Hunter Mahan	25	$3,503,540
16. Bubba Watson	22	$3,477,811
17. Gary Woodland	25	$3,448,591
18. Justin Rose	23	$3,401,420
19. Mark Wilson	26	$3,158,477
20. Aaron Baddeley	22	$3,094,693
21. Jason Dufner	23	$3,057,860
22. Jonathan Byrd	26	$2,938,920
23. Martin Laird	23	$2,676,509
24. Charl Schwartzel	15	$2,604,558
25. Charles Howell III	30	$2,509,223
26. Fredrik Jacobson	25	$2,488,325
27. Rory Sabbatini	24	$2,420,655
28. Vijay Singh	25	$2,371,050
29. Bo Van Pelt	27	$2,344,546
30. Kevin Na	26	$2,336,965
31. Spencer Levin	31	$2,320,038
32. Y.E. Yang	18	$2,314,865
33. John Senden	26	$2,294,811
34. Chez Reavie	27	$2,285,067
35. Tommy Gainey	34	$2,174,191
36. Rickie Fowler	24	$2,084,681
37. D.A. Points	26	$2,034,156
38. Brendan Steele	27	$1,976,310
39. Steve Marino	23	$1,975,076
40. Bryce Molder	27	$1,957,944

LPGA MONEY LEADERS

(all figures in U.S. dollars)

	Trn	Money
1. Yani Tseng	20	$2,873,629
2. Cristie Kerr	20	$1,417,911
3. Stacy Lewis	21	$1,340,521
4. Na Yeon Choi	20	$1,301,312
5. Suzann Pettersen	18	$1,234,700
6. Brittany Lincicome	19	$1,125,310
7. Angela Stanford	19	$1,003,322
8. Ai Miyazato	17	$944,506
9. Amy Yang	20	$890,939
10. Morgan Pressel	20	$813,103
11. Paula Creamer	19	$807,695
12. I.K. Kim	19	$773,065
13. Karrie Webb	19	$750,670
14. Jiyai Shin	18	$720,735
15. Brittany Lang	20	$594,441
16. Maria Hjorth	18	$575,309
17. Michelle Wie	18	$569,752
18. Hee Kyung Seo	19	$563,677
19. Mika Miyazato	18	$563,204
20. Sandra Gal	18	$513,246
21. Azahara Munoz	21	$496,716
22. Catriona Matthew	17	$482,217
23. Anna Nordqvist	18	$481,191
24. Sun Young Yoo	20	$473,519
25. Sophie Gustafson	19	$411,589
26. Meena Lee	19	$384,951
27. Se Ri Pak	18	$380,140
28. Karen Stupples	20	$367,135
29. Inbee Park	16	$365,231
30. Shanshan Feng	17	$362,097
31. Hee Young Park	19	$343,569
32. Katie Futcher	18	$342,627
33. Momoko Ueda	16	$333,494
34. Song-Hee Kim	20	$329,832
35. Chella Choi	19	$305,524
36. Candie Kung	20	$264,591
37. Juli Inkster	19	$250,453
38. Mindy Kim	18	$247,671
39. Jimin Kang	21	$243,402
40. Tiffany Joh	13	$233,910

CFL

PLAYOFFS

DIVISION SEMIFINALS

Sunday, Nov. 13
EAST
Bye: Winnipeg
Hamilton at Montreal, 1 p.m.
WEST
Bye: B.C.
Calgary at Edmonton, 4:30 p.m.

DIVISION FINALS

Sunday, Nov. 20
EAST
Hamilton/Montreal at Winnipeg, 1 p.m.
WEST
Calgary/Edmonton at B.C., 4:30 p.m.

99TH GREY CUP

Sunday, Nov. 27
At Vancouver
East vs. West champion, 6:30 p.m.

SOCCER

MLS PLAYOFFS

CONFERENCE FINALS

Sunday's results
EASTERN CONFERENCE
Houston 2 Kansas City 0
WESTERN CONFERENCE
Los Angeles 3 Real Salt Lake 1

MLS CUP

All Times Eastern
Sunday, Nov. 20
At Carson, Calif.
Houston vs. Los Angeles, 9 p.m.

TENNIS

ATP BNP PARIBAS MASTERS

At Paris
Singles
First Round
Julien Benneteau, France, def. **Milos Raonic, Thornhill, Ont.**, 6-7 (5), 7-6 (5), 6-4.
Philipp Kohlschreiber, Germany, def. Mikhail Youzhny, Russia, 6-4, 6-2.
Guillermo Garcia-Lopez, Spain, def. Santiago Giraldo, Colombia, 6-4, 1-6, 6-4.
Fernando Verdasco, Spain, def. Marin Cilic, Croatia, 3-6, 6-2, 6-3.
Kevin Anderson, South Africa, def. Gilles Muller, Luxembourg, 6-3, 4-6, 6-4.
Florian Mayer, Germany, def. Radek Stepanek, Czech Republic, 7-5, 6-3.
Alex Bogomolov, Jr., U.S., def. Thomaz Bellucci, Brazil, 4-6, 7-6 (4), 6-2.
Nicolas Mahut, France, def. Juan Carlos Ferrero, Spain, 6-2, 6-3.
Andreas Seppi, Italy, def. Nikolay Davydenko, Russia, 7-6 (2), 7-5.
Adrian Mannarino, France, def. Dmitry Tursunov, Russia, 6-2, 6-2.
Doubles
First Round
Ross Hutchins and Andy Murray, Britain, def. Nicolas Almagro and David Marrero, Spain, 4-6, 6-3, 10-7 (tiebreak).

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CHRISTMAS AUCTION SALE: Saturday, November 12, 2011 9:00 a.m.
Sale being held at: Rideau Auctions Inc.
Corner of County Road 31 & 43 - Winchester, ON

Electronics: Gigaset phone; HP Touch pad; Monsterbeats headphones; Nikon D5000 Camera; Nikon Coolpix S3000; Nikon Coolpix L120; Digital camera; Xbox games; PS2&PS3 games; music play accessory pack; WII slapshot stick; Hanna Montana speakers; printers; battery charger; HDTV cables; digital photo frames; speaker system for Ipod; **Housewares:** microwave; food saver; ice luges; dishes; gravy boats; glasses; mugs; beverage dispenser; 10 piece roaster; platters; salt & pepper shakers; paper towel holder; water bottles; sewing machine; humidifier; irons; picnic backpack; **Gift Shop Items:** collector plates; Cherished Teddies figurines; Precious Moments figurines; pictures; hockey figurines; candles; gift wrap; **Beauty Supplies:** baby wipes; shampoo; conditioner; baby wash; baby lotion; sport wipes; grooming systems **Linens:** sheet sets; blankets; tablecloths; placemats; curtains; crib sets; **Christmas Items:** Disney wrapping paper; musical santa; musical chime clock; trees; ornaments; bows; napkins; night lights; candle holders; throws; cards; garland; poinsettia; socks; **Furniture:** 7 pc dining room set; Frigidaire fridge; electronic fireplace; computer desk; ottoman; Academy desk; 5 pc dining room set; bar stools; accent chairs; deacon benches; 3 pc dining room set; lamps; decorative mirrors; head boards various sizes; mirrors; hutch; bistro set; round table & 4 chairs; accent chair; lounge chair pads; futon; fridge; New & used appliances - **Misc. Items:** Men's & ladies watches; Royal Doulton Figurine; shower enclosure; toilet; bathtub; vanity; Granite fusion sink; 7 pc patio set; laundry sink; elliptical trainer; decorative glass door lites; fountains; exercise bike; spa; slate stones; mattress; picture frames; wireless security system; dimmer switches; wreaths; lamps; wagon planter; deck tiles; sleeping bags; lawn chairs; open signs; marine safety kits; stadium seats; air conditioners; coolers; garbage can; soap dish; toothbrush holders; draft protectors; motorcycle covers; bike rack & trailer; anniversary clocks; jewelry boxes; jewelry; rugs; pool stuff; camping items; luggage; solar lights; snow brushes; roller blades; steering wheel covers; car wax; cd organizer; drill sets; seat covers; shop vac; fishing stuff; compressor; bikes
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ANNOUNCEMENTS

Community Events

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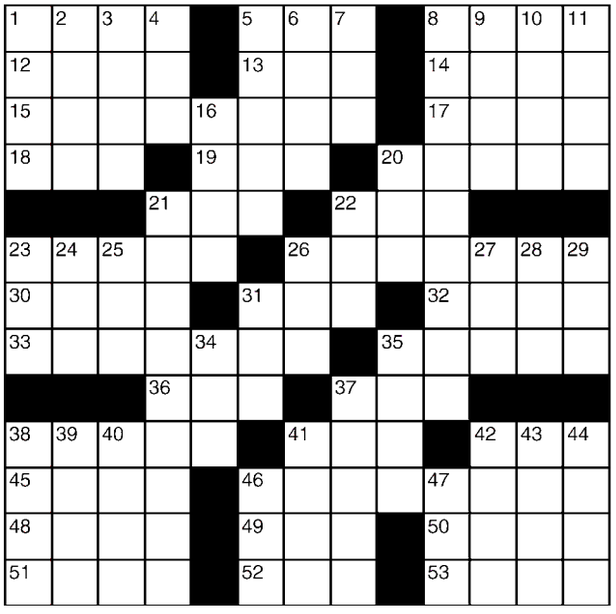
Crossword



Across

1 Chew at persistently
5 Banned bug killer
8 "American —"
12 Architect Saarinen
13 Rage
14 Exploding star
15 Outer
17 Campus area, for short
18 Pigpen
19 Ovum
20 Sullen and gruff
21 Agent
22 Luau side dish
23 Undoes a dele
26 Log
30 Basin accessory
31 Wicked
32 Corn Belt state
33 Army rank
35 Moisten in the morn
36 "Just kidding!"
37 Owns
38 Festoons
41 Petrol
42 Blackbird
45 Poetic foot
46 Hellish
48 Transport on Oscar night
49 Trench
50 Hoisted, nautically
51 U.S. fort where gold is kept
52 Donkey
53 Cameo gem

Down

1 The Bee —
2 Adjacent (to)
3 Bohemian
4 Travail
5 Having set-in stains
6 "La Cage aux Folles" costuming
7 — Aviv
8 Requests for information
9 Gloomy
10 Elliptical
11 Country trio — Antebellum
16 Dems.' rivals
20 Old French coin
21 Case for storing valuables
22 Pea holder
23 Moment
24 Pair
25 Moray, for one
26 Tokyo-based carrier
27 Affirmative action?
28 Shock and —
29 Legislation
31 Wager
34 Ph. bk. data
35 Foundation
37 Weapons' handles
38 Luxurious fabric
39 Large, heavy wagon
40 Bullets et al.
41 Wildebeests
42 Unsigned (Abbr.)
43 Almost black
44 Holly
46 Glass of NPR
47 Pi follower

▶ Yesterday's answer

G	U	M			A	S	P		R	O	A	D		
A	N	E	W		N	I	L		U	N	D	O		
L	I	M	A		D	N	A		N	E	O	N		
A	T	O	L	L		K	I	L	N					
			K	I	D		D	E	I	C	E	D		
J	A	N	I	T	O	R		A	N	O	D	E		
A	M	E	N		G	I	N		G	A	G	A		
V	I	R	G	O		B	U	M	B	L	E	R		
A	D	D	S	U	P		T	A	O					
			T	R	O	T		P	A	T	T	Y		
M	A	L	I		S	I	R		R	H	E	A		
E	P	I	C		I	R	E		D	R	A	W		
G	E	E	K		T	E	D			U	R	N		

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

4								5
6			5		3			7
		3	8	9	6	2		
	4		3		9		7	
	7						2	
	6		2		1		8	
		7	9	6	5	1		
5			4		8			9
8								2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	5	3	4	7	8	9	2	1
8	1	2	5	3	9	7	6	4
4	9	7	2	1	6	5	3	8
7	4	9	8	5	3	2	1	6
2	8	1	6	9	7	4	5	3
3	6	5	1	2	4	8	9	7
9	7	8	3	6	2	1	4	5
5	2	6	7	4	1	3	8	9
1	3	4	9	8	5	6	7	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My # 1,
There's more to come. Will u Marry Me????
KING L

Not lost! a little disappointed in myself, scared about the controversial aspect, but do want to try.
FOREVER

Lucie,
Your the sweetest girl someone could ask for. When I open my eyes in the morning nothing feels better than knowing I can see you. I love every moment we share together :)
KEVIN

Miss. Magoo,
Ice cream. Ice cream in my face. Ice tea. Ice tea in my face. Walked past that old willow today. Cochrane kisses, and construction powerslides. I found you miss magoo!
FRANCHDRESSING

Today 12°/7° Partly cloudy
Wednesday 15°/3° Partly sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Today's horoscope

♈ Aries March 21-April 20 You must get over the idea everyone you meet wants to cheat you. It isn't true.

♉ Taurus April 21-May 21 You won't be able to hide your feelings from other people today, so don't even try.

♊ Gemini May 22-June 21 Chances are most things can wait until tomorrow, if not the day after, so take it easy.

♋ Cancer June 22-July 22 Make this the day of the week you take off to recharge your batteries. Tomorrow you'll fly.

♌ Leo July 23-Aug.23 Learn what you can from what went before and then move purposefully towards the future.

♍ Virgo Aug. 24- Sept. 22 Be wary of anyone who tries to encourage you to take unnecessary risks. What's in it for them?

♎ Libra Sept. 23-Oct. 23 Someone will try to take something from you today, but they won't succeed.

♏ Scorpio Oct. 24-Nov. 22 Be selective in what you do or a lot of your energy will be wasted.

♐ Sagittarius Nov. 23-Dec. 21 Rivals and competitors seem determined to give you a hard time. Keep telling yourself that you have what it takes to be the best and keep telling them that you refuse to play by their rules.

♑ Capricorn Dec. 22-Jan. 20 Nothing in your life is set in stone.

♒ Aquarius Jan. 21-Feb. 18 Control your desires, don't let them control you.

♓ Pisces Feb. 19-March 20. Focus on the big issues today. Don't allow yourself to be distracted by the little, everyday things that tend to take up far more time and energy than they are worth. **SALLY BROMPTON**

Caption contest

ITSUO INOUYE/ THE ASSOCIATED PRESS

DITA ALANGKARA/ THE ASSOCIATED PRESS

WIN!

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